

## No cook recipe



## Ham Sushi Rolls

Preparation: 10 mins Serves 4, costs under £2

## Ingredients

- 4 slices wholemeal bread
- 4 tablespoons reduced fat cream cheese (120g)
- 4 wafer thin slices ham (44g)
- ½ cucumber

## Method

- 1. Remove the bread crusts, then flatten each slice using a rolling pin or the palm of your hand.
- 2. Spread the soft cheese evenly on each slice, then add a slice of ham to each.
- 3. Cut the cucumber in half lengthways, then cut in half again so you have four strips.
- 4. Place a strip of cucumber at the end of each slice of bread and then roll the bread around the cucumber and continue rolling to the end of the bread.
- 5. Cut each roll into four pieces and serve.