

BLT sandwich

Ingredients

- 2 rashers of cooked bacon
- 2 slices of wholemeal bread
- 10g butter or margarine
- 2 lettuce leaves
- $\frac{1}{2}$ large tomato

Method

1. Spread the slices of bread with butter or margarine.
2. Place lettuce on a chopping board and shred into thin strips with a sharp knife.
3. Slice the tomato.
4. Place the bacon rashers on top of 1 slice of bread then cover with half the shredded lettuce.
5. Place the remaining lettuce and sliced tomato on top.
6. Top with a second slice of bread.
7. Cut the sandwich in half.
8. Serve on a plate.

Always use a separate chopping board and knife for raw meat and vegetables.