Let's get cooking

Cheesy Appleslaw Baguettes

This tasty sandwich can be made using any hard cheese and is quick to make.

UP TO 30 MINS | V | SUITABLE 1-5 YEAR OLDS

A! Egg, milk, mustard, soya and wheat (gluten)*

Nutritional information per portion (164g):

Energy	Fat	Saturates	Sugars	Salt
1547kJ 365kcal 18%	8.3g 12%	3.3g 17%	6.2g 7%	1.3g 22%

of an adult's reference intake.
Typical values per 100g: energy 943kJ/223kcal.

Equipment

Weighing scales
Chopping board
Grater
Mixing bowl
Colander
Vegetable peeler
Sharp knife
Measuring spoons
Mixing spoon
Bread knife
Knife (for spreading)

Ingredients

Serves 4

100g grated reduced-fat hard cheese (such as Cheddar, Double Gloucester OR Red Leicester)

1 apple

4 spring onions

2 x 15ml spoons reduced-fat mayonnaise

4 small baguette rolls

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. On a chopping board, grate the cheese and place in a mixing bowl.
2. Wash, peel and core the apples. Then grate and add to the cheese.
3. Wash and chop the spring onions and add to the cheese and apple.
4. Add the mayonnaise to the mixing bowl and stir together all the ingredients.
5. Cut each small baguette in half and spread with the mixture.

Top Tip

- Double the recipe to serve 8. Try cutting up a large baguette instead of buying individual rolls.

Something to try next time

- Try using different hard cheeses and a variety of apples to see how this changes the flavour of the sandwich.

Skills used include:
Weighing, measuring, chopping, grating, mixing/combining, spreading and serving.

This recipe was developed with funding from the Big Lottery Fund. **Copyright © Children's Food Trust**
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