



Mini Pinwheel Sandwiches

A pinwheel sandwich is a slice of bread that has been flattened with a rolling pin. The filling is added, the bread is rolled up and then sliced to make small wheel shapes. These sandwiches require a little more effort to make than traditional sandwiches, but the end result is worth it!

Nutritional information per portion (132g):

calories	fat	saturates	sugars	salt
152.8	4.4g 6%	2.5g 13%	1.8g 2%	1.0g 17%

of an adult's guideline daily amount



Wheat/gluten and dairy

Equipment

Colander
Kitchen paper
Chopping board x 2
Sharp knife
Bread knife
Rolling pin
Table knife
Cling film

Ingredients

**Serves 4
(Makes 20 small pinwheels)**

4 lettuce leaves
½ cucumber
4 slices wholemeal bread from a medium-sliced sandwich loaf
150g low-fat cream cheese
4 thin slices cooked ham (optional)

**Serves 10
(Makes 40 small pinwheels)**

8 lettuce leaves
1 cucumber
8 slices wholemeal bread from a medium-sliced sandwich loaf
300g low-fat cream cheese
8 thin slices cooked ham (optional)



Top Tips

- Use really fresh bread, which is moist, as dry bread will not roll successfully.
- Keep even pressure on the rolling pin to prevent tearing the bread.





Mini Pinwheel Sandwiches

Method

1. Wash the lettuce leaves in the colander. Dry with kitchen paper and tear into small pieces.
2. Wash the cucumber, slice very thinly and pat dry with kitchen paper.
3. Remove the crusts from the bread slices using the bread knife and chopping board.
4. Flatten each slice of bread with a rolling pin, rolling from the short edge.
5. Spread the cream cheese onto one side of each slice of bread.
6. Lay the sliced ham onto the sandwich (if using).
7. Arrange about 3 cucumber slices and some lettuce on top of the sandwich filling.
8. Using your clean fingers, roll up each sandwich, starting from the longer edge, into a long sausage shape. Keep all the ingredients together and firmly packed during the rolling process.
9. Wrap the sandwich rolls in cling film and refrigerate for about 30 minutes until chilled.
10. Remove the sandwiches from the wrap and cut each roll into 5 slices.

Top Tips

- Thin layers of filling are needed so that the sandwich will roll up easily – avoid wet ingredients such as tomatoes.
- You can make larger pinwheels by joining 3 slices of bread together and rolling.

Prepare now, eat later

- Prepare the vegetables and keep in plastic bags or airtight containers in the fridge for up to 4 hours.
- Remove crusts and flatten the bread, keep in an airtight container for up to 2 hours.
- The sandwich rolls can be wrapped in cling film and refrigerated for up to 4 hours. Slice just before serving.

Something to try next time

- Add 4–8 finely chopped sun-dried tomatoes and swap the plain cream cheese for a one with a different flavour (such as chive, pineapple or garlic).
- Use chutney or mustard as spreads for the sandwiches to complement different fillings.
- Vary the vegetables you add to your sandwich, red pepper (3–4 slices) and radish (4–5 slices) work well but cut them very thinly.
- Use the Fabulous Fish Pâté recipe (available on the Club Zone of the Let's Get Cooking website) as a filling.
- Use wraps to make the pinwheels, as they don't need rolling before filling. You can buy various colours and flavours, such as herb and tomato.

