

COD ROE ON CRACKERS



 Serves
1

 Prep
5 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	193kcal	1g	8.4g	2.1g	1.6g
RI%	10%	1%	12%	11%	27%

METHOD

1. Open the can of Princes Cod Roe and drain off the liquid.
2. Top the crackerbreads with a little spread, then arrange the lettuce on top. Share the cod roe between them, then serve, sprinkled with a little lemon juice and black pepper.

INGREDIENTS

125g can Princes Cod Roe
2 lettuce leaves, shredded
2-3 crackerbreads
A little butter or spread
Lemon juice and black pepper, to serve