



Manwiches



Serves
4



Prep
15 minutes



Ingredients

2 x 200g cans of Princes Corned Beef

Crusty bread, sliced

Lettuce, tomato and cucumber

Vinegar and pickle to taste

These hearty corned beef 'manwiches' are tasty and fresh - everything a good sandwich should be!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	459kcal	4.8g	19.3g	8.2g	3.4g
R1%	23%	5%	28%	41%	57%

Method

1. Remove the corned beef from the cans and slice it thickly.
2. Spread each slice of bread with butter and top four of the slices with lettuce leaves, tomato and cucumber. Sprinkle with a few drops of vinegar. Season.
3. Arrange the sliced corned beef on top, add some Branston pickle, then sandwich together with the remaining bread and slice each sandwich in half. Serve at once, or wrap and chill for a picnic or packed lunch.

Cook's tip: You'll find it easier to remove the corned beef from the cans if you chill them first.