Squash it Sandwich

Makes 4 • 40 Minutes

Ingredients

- 4 seeded wholegrain rolls
- 4 radishes
- 5cm piece of cucumber
- 1-2 a small carrot
- 2 cauliflower florets
- 1-2 a small red capsicum
- 1-2 a small apple (core removed)
- 3 teaspoons balsamic vinegar
- 3 teaspoons extra virgin olive oil
- 4 sprigs of fresh soft herbs, such as dill, flat-leaf parsley or basil or 2 sprigs of fresh mint
- 1-2 a punnet or 1 handful of salad cress or sprouting herbs
- 1 handful of fresh podded peas
- Optional: 3 teaspoons sunflower seeds
- 11-2 tablespoons quality cottage cheese or cream cheese
- 11-2 tablespoons quality houmous

Equipment

- Bread knife and regular eating knife
- Chopping board
- Large bowl
- Tablespoon and teaspoon
- Clean tea towel
- Rolling pin
- Scissors
Method

1. On a chopping board, carefully halve the rolls across the middle using a bread knife, to give you a top and a base for each. Put to one side.
2. Using an eating knife, cut each radish in half lengthways, then slice each radish half into 3 pieces and place into a large bowl.
3. Cut the cucumber in half lengthways, scoop out the watery seeds with a teaspoon and discard.
4. Slice each cucumber half into 4 pieces, then add to the bowl.
5. Trim the carrot, then cut into 8 even-sized pieces and add to the bowl.
6. Click apart the cauliflower florets and place into the bowl with the stalks.
7. Pull out the capsicum’s stalk, tearing out the core, then discard.
8. Scoop out the seeds and white pith with a teaspoon, then discard.
9. Cut the capsicum into 4 slices, then cut each slice into 4 pieces. Add the pieces to the bowl.
10. Place the apple half, flat-side down, on the board.
11. Cut the apple into 6 even-sized pieces, then add to the bowl.
12. Place a clean tea towel onto the chopping board and place the vegetables and chopped apple in a pile in the middle.
13. Fold over each corner of the tea towel so your ingredients are wrapped up like a parcel – make sure there are no gaps to stop the vegetables from escaping.
14. Carefully crush and squash the vegetables with a rolling pin until broken down into little pieces.
15. Open up the parcel – if your pieces are still too big, wrap it back up and crush and squash again.
16. Measure the balsamic vinegar and extra virgin olive oil into the empty bowl to make your dressing.
17. Pick the herb leaves, discarding the stalks.
18. Tear the leaves into small pieces, adding them to the bowl as you go.
19. Using scissors, snip the cress or sprouting herbs into the bowl.
20. Add the peas and sunflower seeds to the bowl.
21. Add the squashed vegetables to the bowl, then using the tips of your fingers, carefully toss them in the dressing so they’re nicely coated.
22. Spread the base of each roll with the cottage or cream cheese.
23. Spread the soft side of each top with the houmous.
24. Equally divide the vegetable mixture between the base of each roll.
25. Place the lids on top, houmous-side down, press lightly, then tuck in!