

## MOST POPULAR RECIPE

1

## BRAINY EXAM TREATS

**Ingredients:**

- 4 Gardenia Lite Meal Buns
- 240g boneless salmon fillet (can be substituted with cod, canned sardines or tuna)
- 1 tsp garlic, ground
- 1 tsp ginger, ground
- ½ tsp salt
- 2Tbsp frozen green peas
- 2Tbsp frozen corn
- 2Tbsp green apple, cube, into small pieces
- 1Tbsp sultanas
- 4Tbsp low calorie mayonnaise
- ½Tbsp margarine
- Black pepper, ground, to taste

**Cooking Method:**

1. Slice the top off the bun and scoop out bread in the centre to form a little casing.
2. Cut bread top into croutons and toast until golden brown. Set aside.
3. In a dish, marinate salmon fillet with pepper, salt, garlic and ginger. Pan fry with margarine. When done, cool fillet and cut into tiny cubes. Set aside.
4. Blanch frozen peas and corn in boiling hot water. Drain well and set aside.
5. In a mixing bowl, blend together the salmon, peas, corn, green apple, sultanas and mayonnaise.
6. Fill each roll casing with prepared salmon filling and top with bread croutons.
7. Serve immediately.