



An easy lunch to enjoy at the weekends.

Ingredients

4 slices light wholemeal sandwich bread
4 tablespoons tomato sauce
4 frankfurters or cooked chipolata sausage
4 cheese slices

Spread

Method

Trim the crusts off the bread and roll with a rolling pin to make more flexible.
Lightly butter the bread and place butter side down on a board.
Spread unbuttered side with tomato sauce.
Put a cheese slice on top of the tomato sauce.
Place the frankfurter or chipolata against the long edge nearest you.
Roll up and secure with a toothpick.
Grill until golden brown and crisp.