

Recipe Name: Heart Shaped Tea Sandwiches Recipe

Diet Type:

Course: World Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 12 Whole Wheat Brown Bread	6
• 2 tablespoons Beetroots - peeled and finely chopped	
• 2 tablespoons Green Bell Pepper (Capsicum) - finely chopped	
• 2 tablespoons Cabbage (Patta Gobi/ Muttakose) - finely chopped	
• 1 tablespoon Spring Onion Greens - finely chopped	
• 2 tablespoons Classic Mayonnaise (With Egg)	
• Black pepper powder - as required	
• Red Chilli flakes - crushed (to taste)	
• Butter - softened	
• 3 tablespoons Nutella Spread	
• 2 teaspoons Jam - (or any red colored fruit jam spread or preserve)	

Preparation

- To begin making the Heart Shaped Tea Sandwiches recipe, firstly we will make the beet mayo filling.
- Finely chop the vegetables including beetroot, bell pepper, cabbage, spring onion greens or use a food processor (makes it easier and quick).
- Transfer the chopped vegetables to a bowl.
- Stir in 2 to 3 tablespoons mayonnaise, black pepper powder and red chilli flakes (depending upon how spicy you want your sandwich) and mix well.
- Do a taste test and adjust the spices and salt accordingly.

- Continue with the other slices to make more heart-shaped slices; (the leftover bread can be used to make breadcrumbs).



- Butter all the 12 larger heart-shaped bread slices for beet-mayo sandwiches on one side.
- Gently place a small teaspoon of filling over half of the larger slices (about 6) and spread it evenly with a palette knife.
- Place the other 6 slices (with just butter) with the butter side down on top of this and press lightly.
- Dainty beet-mayo tea sandwiches are ready.
- Now to make the Nutella and Jam sandwiches.
- Over 3 of the smaller slices apply and spread Nutella gently.
- Nutella sandwiches are ready.
- Similarly, make the Jam sandwiches.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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