

Fresh for Kids®

BLT (bacon, lettuce & tomato) rolls



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Preparation: 10 minutes

Cooking: 5 minutes

Serves: 2

Ensure that you tuck the tomato between the lettuce and bacon to prevent the rolls from becoming soggy.

4 rashers rindless short-cut bacon

Olive oil cooking spray

2 flat bread rolls

Butter or margarine, for spreading

2 small Iceberg lettuce leaves, shredded

4 slices tomato

Salt and ground black pepper

1. Spray a non-stick medium frying pan with oil and heat over medium-high heat until hot. Add bacon and cook, turning occasionally for 5 minutes or until crisp. Drain on paper towel and set aside to cool slightly.
2. Cut rolls in half and place onto a board. Lightly spread with butter or margarine. Top bases with lettuce, tomato and then bacon. Season with salt and pepper. Top remaining bread and serve.

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