



SANDWICH ON A STICK

This is a creative way of transforming a boring, ordinary sandwich into something that looks incredible and is easy to eat. I usually prepare the cut-outs the night before and simply thread them onto a skewer in the morning, ready for the lunch boxes to save some time in the morning. Lonwabo, my sous chef, often volunteers to help me make these, which makes it even more fun.

Preparation time: 10 minutes
Cooking time: none
Serves: 2

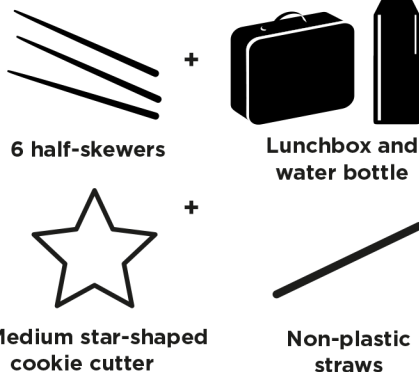
WHAT YOU NEED

2 slices bread
2 thick slices cheddar cheese
½ English cucumber, thinly sliced
6 pieces cos lettuce, torn
6 slices smoked chicken (deli cold meat)
6 rosa tomatoes, rinsed
6 round pretzels (optional)

Serve with

Fruits: pineapple wedge, a handful of blueberries and strawberries
Plain yoghurt with a drizzle of honey
Chilled water or freshly squeezed orange juice with mint

KITCHEN TOOLS



HOW TO DO IT

1. Place the bread slices on a chopping board and, using a 5-pointed star cookie cutter, press out 3 star shapes from each slice of bread and cheese, and 6 star shapes from the cucumber.
2. Thread a star-shaped piece of bread, followed by a piece of lettuce and 2 cucumber stars onto a skewer. Follow this with a slice of smoked chicken folded zig-zag style, a piece of cheese, a tomato and a pretzel (if using), all threaded onto the skewer as well. Pack the skewers into a lunch box.
3. Pack the fruit into a different compartment of the same lunch box or in a smaller lunch box. Serve with the yoghurt, chilled water or orange juice with mint.

SIBA'S TIPS

The lovely thing about this sandwich is that the ingredients can be chopped and changed according to your preferences. If packing these in for young children, it's a good idea to cut off the very pointy bits of the skewers for safety's sake. I usually eat all the leftover pieces so nothing goes to waste, but sometimes I grate the leftover cheese and store it in the fridge, and use the bits of bread to make croutons for salads.

