



HEART-HEALTHY RECIPE

Green sandwich

WITH EDAMAME HUMMUS



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A **fresh, colourful sandwich** packed with **crunchy vegetables** and **creamy edamame hummus**. Perfect for **lunch, a packed lunch** or a **light evening meal**.



Method

Blend the edamame beans, garlic, olive oil and skyr until smooth but still slightly textured. Season to taste with salt and pepper.

Finely shred the cabbage and toss with the lemon juice.

Using a vegetable peeler, slice the cucumber into ribbons.

Slice the rolls in half and fill with the edamame hummus, cabbage and cucumber ribbons.



Ingredients

Serves 4

- 200 g shelled edamame beans, thawed
- 1 garlic clove
- 1½ tbsp olive oil
- 2 tbsp plain skyr
- 1 tsp flaky sea salt
- Freshly ground black pepper
- 100 g red or green cabbage
- Juice of ½ lemon
- 1 cucumber
- Wholegrain rolls