Turkey and Pickled Cabbage Rye Rolls

2 filled rye rolls · Active 20 min · Total 35 min

Skills: Easy

Ingredients

- 1 packed cup finely shredded red cabbage (90 g)
- 1/8 teaspoon fine salt
- 1 teaspoon sugar (4 g)
- 2 tablespoons cider vinegar (30 ml)
- 2 rye rolls, about 3 oz/85 g each
- 3 tablespoons cream cheese (45 g)
- 1 teaspoon wholegrain mustard (5 g)
- 6 oz fully cooked turkey breast, thinly sliced (170 g)
- 4 small lettuce leaves, washed and thoroughly dried

Set out

Small bowl, Sharp knife, Colander or sieve, Sandwich paper and lunch container

Allergens

Wheat, Rye, Milk, Mustard. Check labels and substitutions.

Make it

1. Mix cabbage, salt and sugar in the bowl and rub together with clean hands for 30 seconds. Add cider vinegar and refrigerate for 15 minutes.

2. Drain the cabbage in a sieve and squeeze lightly to remove excess liquid. Keep cold.

3. Mix cream cheese with mustard. Split the rolls, leaving one edge attached, and spread the mixture on both cut surfaces.

4. Layer in dry lettuce, folded turkey and the drained cabbage. Close the rolls and wrap their middles with sandwich paper.

5. Put into covered lunch containers and refrigerate until leaving.

A quiet meal to unwrap

These rolls do not need heating or mixing. Slice each in half before packing if your break space is cramped, and carry the pieces in a rigid box so the soft roll is not crushed beneath other items.

A useful detail

Check rye roll ingredients rather than assuming they contain only rye flour; most include wheat, and some contain milk or sesame.

Keep it well

Assemble up to 1 day ahead and refrigerate at 40°F/4°C or below. Use turkey within its original safe refrigerated storage period; making a sandwich does not restart that clock. Carry with two cold sources in an insulated bag and refrigerate on arrival.