# Avocado and tomato roll

NZBK-108 · Sandwiches And Filled Rolls · 12 rolls

## INGREDIENTS

12 wholemeal rolls

380 g avocado flesh

320 g sliced tomato

110 g washed lettuce

20 mL lemon juice

2 g salt



Illustrative serving; not a photographed kitchen test.

## PREPARATION

1. Mash avocado with lemon and salt, then spread on split rolls.

2. Drain tomato, add with lettuce, pack and refrigerate promptly.

## ALLERGEN CHECK

Wheat. Check rolls.

## PRODUCTION NOTES

Quantities are metric; yields are provisional test batches. Temperatures refer to a preheated conventional oven. Confirm fan settings using your oven.

Record usable yield, actual bake time, portion weights, ingredient suppliers and wastage during test batches.

Follow the bakery’s food control plan for cooked fillings, cooling, hot holding, chilled products, shelf-life and display decisions. Use chilled ready-to-eat sandwich fillings; assemble in small lots and record holding times.

Check each ingredient label, substitutions and cross-contact controls before selling or supplying products. Allergen notes are starting points.

Tally ingredient, packaging and labour costs per batch. Divide by saleable yield and apply the business’s overhead and margin assumptions.

Recipe: https://menunio.com/bakery/recipes/nzbk-108-avocado-and-tomato-roll