

TOASTIES

Ingredients

RED AND YELLOW pepper

1 spring onion

1 mushroom

30g hard cheese, e.g. Cheddar, Edam, Gruyere

2 slices bread (or a bagel or a piece of French stick sliced in half)

2 x 15ml spoons tomato passatta sauce with a pinch of sugar

½ x 5ml spoon mixed herbs

Equipment

Chopping board, knife, grater, fish slice, measuring spoons, dessert spoon.

Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

Wrap in tin foil

Top tips

Why not add cooked sausage or chicken, or canned tuna?

Add a spoon of pickle or chutney for extra bite.

Try different types of cheese or different toppings e.g. tuna, sweetcorn, sliced tomatoes, olives, pesto.

The grill pan gets hot so remember to use oven gloves.

Skills

Grating	Bridge hold	Claw grip	Using the grill	Spreading
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