



MEDITERRANEAN VEGETABLE TOASTED CHEESE SANDWICH

INGREDIENTS

For the roasted vegetables:

- 1 red onion - peeled and cut into 1cm slices
- 1 pepper - deseeded and cut into chunks
- 1 small courgette - cut into slices
- $\frac{1}{2}$ teaspoon garlic granules (or 1 clove)
- $\frac{1}{2}$ teaspoon mixed herbs
- 1 teaspoon vegetable oil

To make the sandwich:

- 4 slices brown bread
- 2 teaspoons vegetable oil
- 2 teaspoons pesto
- 40g reduced fat cheddar cheese – grated

EQUIPMENT

chopping board, sharp knife, mixing bowl,
teaspoon, baking tray,
pastry brush, grater

SERVES: 2

PREP TIME: 10 minutes

COOK TIME: 20 minutes

ALLERGENS: cereals containing gluten,
milk, nuts (in pesto)

METHOD

- 1** Prepare the vegetables and place into the mixing bowl. Add the garlic, herbs and oil and mix together. Transfer the vegetables to a baking tray and cook under a preheated grill (low-medium heat) for 8-10 minutes until softened and slightly charred on the edges.
- 2** Place 2 slices of bread onto the chopping board and brush with a little oil. Turn the bread over (so that the oiled side is down on the board) and spread 1 teaspoon pesto over each slice of bread.
- 3** Arrange the roasted vegetables on the bread and sprinkle over the cheese. Finally add another slice of bread on top and lightly brush with oil.
- 4** To cook, heat a large non-stick frying pan over a medium heat. Once hot, add the sandwiches and cook for 3-4 minutes on each side until the bread is golden brown and the cheese has started to melt inside the sandwich. Alternatively, cook the sandwich in a sandwich or panini toaster.
- 5** Serve the sandwich immediately with a green side salad.