

CITY LIFESTYLES



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Recipe name: Tessa Wullaert's Toasties

Serves: 2 people

Preparation time: 5 mins

Cooking time: 5 mins

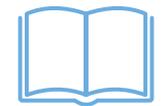
Starting line-up (*ingredients*):

Bread, 2x tbsp tomato paste, 50g mozzarella, butter, pepperoni, chicken, ham



Warm-up (*preparation*):

Rip mozzarella or grate cheese, shred or chop ham, chicken or pepperoni



Game plan (*method to make*):

1. Spread the tomato sauce on 2x slices of bread
2. Scatter torn or grated cheese and a few torn basil leaves over one slice and then add any meat
3. Top with the other slice of bread and then butter the outside of the sandwich
4. Cook in a hot pan, weighed down by another heavy pan for 2-3 minutes each side until the outside is crisp and the cheese has melted
5. Top with a few whole basil leaves and serve



Substitutes

Gluten intolerance – gluten free bread

Lactose intolerance – lactose free cheese

Change meat for Quorn

Add vegetables e.g. sweetcorn, onions or peppers or use real tomatoes in place of paste

Nutritional benefits:

Ham, turkey, quorn, cheese - protein

Tomatoes - vitamin C, K, potassium, folate - can help reduce heart disease

Each serving provides 268k kcal per person, 37g carbohydrates, 26g protein, 31g fats



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