

Toasted Cheese, spring onion & red pepper ciabatta

(Serves 1)

Ingredients

- 1/2 tsp Oil, Olive, napolini
- 25g Spring onions, sliced
- 1/2 Pepper, red, deseeded & diced
- 1 Ciabatta Roll
- 30g Cheese, Cheddar, Cathedral city lighter, grated
- 1 medium Tomato, halved

Preparation

1. Heat oil in a small frying pan.
2. Fry spring onions & pepper for 2-3 minutes.
3. Heat the grill. Slice ciabatta roll in half.
4. Lightly toast one side of the ciabatta halves.
5. Put 1/2 the spring onions & pepper on untoasted halves of ciabatta.
6. Top with grated cheese & rest of spring onions & pepper.
7. Toast ciabatta halves under grill along with tomato halves.
8. Serve immediately.

TOP TIP: Keep grill on a medium rather than high heat to allow cheese to bubble & brown without burning bread.

NUTRITIONAL VALUES PER SERVING

Calories 390

Total Sugars 7.94g

Total Fats 13.00g

Saturated Fats 5.84g

Salt 1.52g

Fruit & Veg 2.3