

## JAZZED UP CHEESE ON TOAST

Not just cheese on toast – dressed up with a good-looking garnish, this is good enough to serve as lunch, brunch, starter or cut into pieces as canapes. The combinations are endless!

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**1 slice of toast – ordinary sliced or fancy sourdough**  
**1 tsp preserve – harissa paste, chutney, pesto, pickle....**  
**1 egg**  
**50g coarsely grated strong cheddar**  
**Pinch of dried mixed herbs**

Heat the grill to medium.

Spread the preserve onto the toast.

Beat the egg with a fork & stir in the cheese.

Spoon the cheese mixture over the top of the toast and sprinkle with herbs.

Grill about 10cm away from the grill element for about 5mins. The cheese should have a good golden crust and still be juicy underneath.

**Per serving** 352Kcal, 21.2g Protien, 22.1g Fat (13.7g saturated), 15.1g Carbs, 1.8g Sugar, 554mg salt

### *Hints, Tips and Variations*

- ◆ *Experiment with different breads & cheeses—small amounts of blue cheese give a different flavour.*
- ◆ *The egg should still be a little runny once this dish is cooked. If it's completely cooked the toast will be dry.*
- ◆ *Have a look through your store cupboard & fridge for different toppings - sundried tomatoes, olives, cooked bacon or ham are all good stirred through the cheese before grilling.*
- ◆ *For calorie counting purposes, whole wheat toast & harissa paste were used.*