

stepWell
Healthy Eating Cook School

BRITISH
Nutrition
FOUNDATION

Tortilla Toastie



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Ingredients



- 2 tortillas
- 1 x 10ml spoon tomato sauce topping
- 25g sliced cheese, e.g. Cheddar, Emmental
- 1 slice ham, chopped (optional)
- 1 spring onion, chopped

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Method

1. Prepare the spring onion, ham and cheese



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Method

2. Heat the frying pan on the hob.
3. Place one of the tortillas in the pan



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Method

5. Arrange the ham, spring onion and cheese over the tortilla.



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Method

9. Serve



Tips

- Use chilli for a kick.
- Be adventurous. Try adding tuna, pesto, mushrooms, tomatoes, red onion, green pepper, courgette, sweet corn, chicken or sliced beef.
- Use different varieties of tortilla, e.g. wholemeal, tomato.

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