



Pan-Fried Cheddar Cheese Pizza Toastie

with Baby Plum Tomatoes and Apple Slices

Kid Friendly 10-15 Minutes • 1 of your 5 a day • Veggie

15A

Find all your unchilled Market items in bag A.



Ciabatta



Mature Cheddar Cheese



Sun-Dried Tomato Paste



Baby Plum Tomatoes



Apple

PAN-FRIED PANINI

These are the pan-fried instructions, but this recipe will be just as tasty in a panini press if you have one!

Pantry Items
Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Grater and frying pan.

Ingredients

Ingredients	Quantity
Ciabatta 13	2
Mature Cheddar Cheese** 7	80g
Sun-Dried Tomato Paste	50g
Baby Plum Tomatoes	125g
Apple**	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	308g 1933/462	100g 629/150
Fat (g)	19.8	6.5
Sat. Fat (g)	9.5	3.1
Carbohydrate (g)	55.4	18.0
Sugars (g)	13.5	4.4
Protein (g)	18.1	5.9
Salt (g)	2.35	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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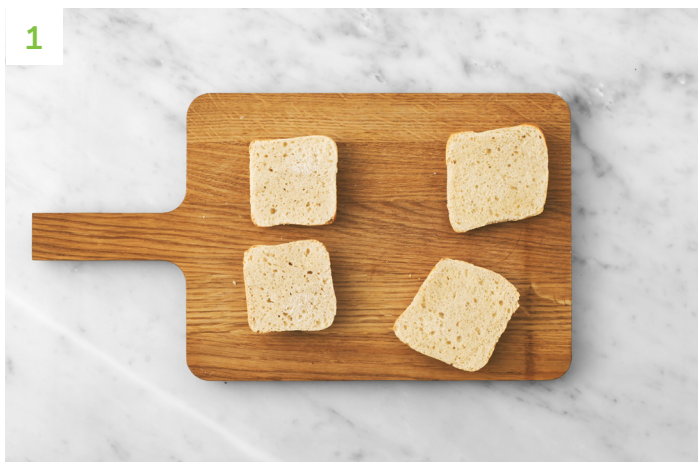
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1



2



3



Say Cheese

- Halve the **ciabatta**.
- Grate the **Cheddar cheese**.
- Spread the **sun-dried tomato paste** over the **lids** and **bases** of your **ciabatta**.
- Divide the **Cheddar** between your **ciabatta bases** and sandwich shut with the **lids**.

Nice and Toastie!

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **ciabatta**, pressing down with a spatula or heavy-bottomed pan.
- Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins each side.

Finish and Serve

- Meanwhile, halve the **tomatoes**, then quarter, core and slice the **apples** (no need to peel).
- Slice your **toasties** diagonally and share between 2 serving plates.
- Serve the **tomatoes** and **apple slices** alongside the **pizza toasties** to finish.

Enjoy!