

Pan-Fried Cheddar Cheese Pizza Toastie

with Baby Plum Tomatoes and Apple Slices







Ciabatta





Sun-Dried



Tomatoes

Tomato Paste



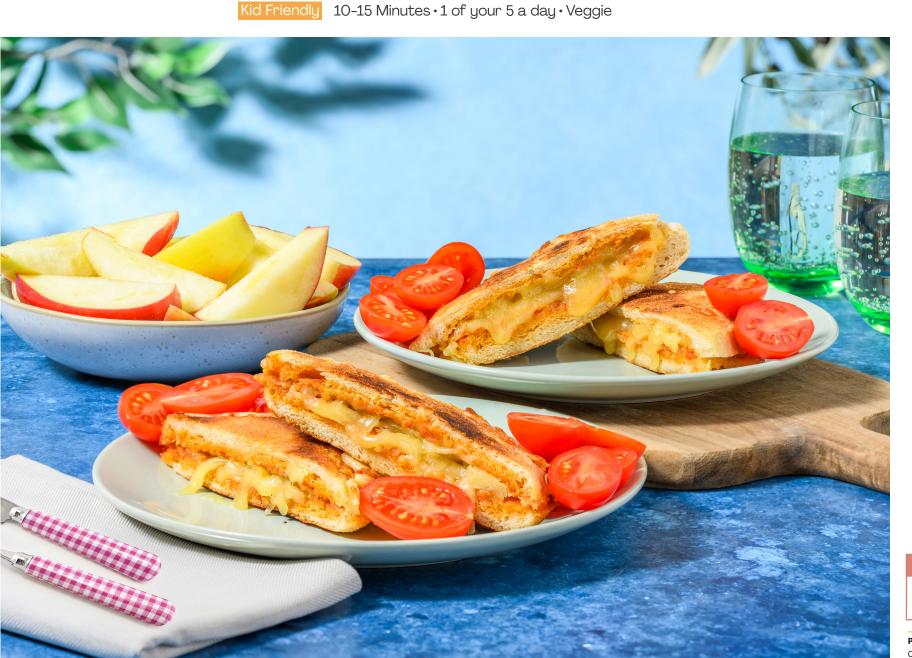
Apple



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



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

Tupical Values	Per serving	Per 100g
for uncooked ingredient	308g	100g
Energy (kJ/kcal)	1933 /462	629/150
Fat (g)	19.8	6.4
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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ





Say Cheese

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



Nice and Toastie!

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



Finish and Serve

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

Enjoy!