

TASTE WITHOUT WASTE

Beetroot, Avocado & White Bean Grilled Cheese

Serves 1

Ingredients

Pickles of choice

40g cannellini beans, drained & roughly mashed along with plenty of salt and pepper

1/5 avocado, thinly sliced or mashed

Sliced canned beetroot – sufficient to cover bread in one layer

40g mozzarella (or other melty cheese), thinly sliced or grated

2 slices bread, preferably sourdough or at least 1 day old

Butter/margarine for spreading

Method

Spread pickles over one side of bread. Smear with cannellini beans and then avocado (or top with a layer of slices). Now add an even layer of beetroot and finally the cheese. Pop the other slice of bread on top.

Warm your frying pan/skillet over a medium to low heat. Alternatively, follow the directions for your sandwich press. Butter the topside of the bread. It doesn't need to be really thickly, just ensure that you reach all exposed surfaces. Place the buttered side down onto the frying pan and now butter the other exposed side. Cook for approximately 2 minutes on either side, flipping as necessary, or until both sides of the bread are golden brown and the cheese is melted. If your cheese is refusing to melt, cut the sandwich in half and pop back in the frying pan for a minute or two to speed things up.

Cut in half (if you haven't already done so) and serve immediately, with some leafy greens if you're feeling healthy!

Source: A Taste Without Waste original.

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