

HOW TO MAKE A TASTY MINCED TOASTED SANDWICH

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1 Introduction

This sandwich is one of those old favourites we turn to time to time again when it comes to takeaway. While its delicious, its not always the healthiest option with most versions loaded with meat and lots of oil and a few peas but also takes few minutes to make.. Lets starts now with the cooking.

2 Ingredients

Below are the basic ingredients needed and a simple procedure of making it. Cooked peas, Minced meat, Sliced onions, Sliced garlic, Curry powder, Turmeric, Bread and Margarine / butter And then its time to start with the cooking, here comes the procedure.

3 .Procedure

Put a saucepan of your preferred quantity on fire, add cooking oil and then onions and cook them for about 2 minutes. As the onions start to brown, add the chopped garlic. Allow to cook, Stirling occasionally. Add the curry powder and turmeric when the onions are slightly browned. Give it a stir and cook for about 1 minute taking care not to overcook the spices. Add the minced neat and turn up the heat to allow the meat cook fast, the idea is to avoid the meat from stewing and that is by making sure the heat is on high to quickly cook the meat. Add some salt to taste an also add the cooked peas. Give it a stir and cook for about a minute. Add little water to have some gravy if you want it as sew, turn off the heat after. To make the sandwich with the sandwich toaster, start with your favourite bread. Apply butter/margarine on one side of the bread, and place the bread, the buttered side down into the bread toaster. Add the minced meat but not too much to overload the sandwich. Place the second side of the bread into the toaster with the buttered side up. Cover the toaster and allow it to do its thing. About 2 minutes later, open your toaster, the bread should be lightly browned, divide into two and plate up. Serve warm or cold with hot or cold beverage.

4 Conclusion

And finally yam yam ready to eat the tasty minced beef toasted sandwich. Thats the procedure l use to my tasty sandwich; try following it and you will have the tastiest sandwich u have ever eaten. I love eating my sandwich hot served with a cold cocacola.