



## Special breakfast sandwich

**This tasty breakfast sandwich is a cross between French toast and a toasted sandwich. We've used ham and cheese, but any toasted sandwich filling will work.**



Time to prepare: 5 minutes



Time to cook: 10 minutes



Serves 4

### Ingredients

- - 8 slices wholegrain bread
- - 4 slices ham
- - 3/4 cup grated cheese
- - 2 eggs

- - 1/3 cup milk
- - black pepper

## Method

1. Place 4 slices of bread on a board.
2. Place 1 slice of ham and a little grated cheese on each slice of bread (make sure you don't over fill or the filling will spill out during cooking).
3. Top with the remaining bread slices to make sandwiches. Press down firmly.
4. Heat a non-stick fry pan over a medium heat. Spray pan with a little oil.
5. While fry pan is heating, whisk together eggs, milk and pepper in a shallow bowl or flat dish.
6. Gently dip your sandwich in the egg mixture. Turn over sandwich to make sure it is completely coated in egg mixture.
7. Place sandwich in fry pan. You may be able to fit 2 sandwiches in the pan at once, depending on the size of your pan.
8. Cook for 2 minutes, then turn and cook on other side for a few minutes until hot and golden.
9. Remove sandwich from pan. Cut into triangles with 2 diagonal cuts.
10. Repeat with other sandwiches.

## Notes

Use any of your favourite toasted sandwich fillings, such as canned spaghetti or baked beans, sliced mushrooms, or drained crushed pineapple.

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## Creamy mushrooms on toast

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