



IRONMAN TOASTIE

WITH SPINACH, EGGS & CHEESE

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

8 slices of bread
2 cups of chopped mushrooms
2 cups of cooked spinach
8 slices of colby cheese
2 tbl butter
8 boiled eggs
1 tbl garlic powder
salt and pepper

DIRECTIONS

- (1) Fry the mushrooms in 1 tbl of butter until soft. Season with garlic powder, salt and pepper. Set aside to cool.
- (2) Mix the cooked spinach, boiled eggs and mushrooms in a bowl. Season with salt and pepper to taste.
- (3) Split the mix into 4 portions and set aside.
- (4) Butter both sides of ALL the bread.
- (5) Make one sandwich at a time.
 - I. Lay a slice of cheese on the bread.
 - II. Spread the mix for one person onto the cheese
 - III. Then cover the mix with another slice of cheese
- (6) Heat 1 tsp of butter in the pan. Keep it at a medium heat.
- (7) Lay the sandwich down in the pan. Move it around gently so it picks up the butter.
- (8) Then leave it for about 7 mins as it browns and melts the cheese.
- (9) Check that one side is brown and then turn the sandwich over and leave it for another 7 mins.
- (10) Take it off the pan. Slice and enjoy!

