

Janella's Recipes

01.12.2006

Toasted Wraps (Serves 1)



Method

Spread bread with a little miso paste and soy mayo, then add all the other ingredients.

Roll and toast in a sandwich press.

Ingredients

- 1 pkt 'organic gluten free' or 'spelt' flat bread.
- 1 tsp soy mayo
- 1/2 tsp shiro miso paste
- 1/4 avocado
- 1-2 pieces marinated tofu (Soyco)
- 1/2 cup red cabbage
- 2 tbs mixed fresh herbs like mint and parsley
- 1 spring onion, sliced
- Small handful sprouts, any kind

Gary's Recipes

01.12.2006

Big ham, tomato & Cheese Sanga (Serves 1)



Method

Mix the butter & chopped flat parsley & Dijon mustard
Add salt & pepper.

Spread onto the bread & build the sandwich with alternate layers of the tomato, ham & cheese.

Fry the sandwich until golden on each side and pop under the grill to warm right through.

Ingredients

- 2 Thick Slices of European style white bread (Phillipa's Campagnard is perfect)
- 1 Vine ripened tomato
- 75g Butter
- 1/4 Cup flat parsley
- 2tbsp Good quality Dijon mustard
- 150g good quality ham off the bone
- 150g Fontina cheese
- Salt & Pepper