


VEGGIE PACKED GARLIC BREAD TOASTIE

I've combined everyone's fave – garlic bread – with a toastie! Genius, right? Throw some crunchy broccolini and a little kale into the mix, and you're well on your way to your 7–9 serves of veg a day.

 10 minutes

 20 minutes

 2 portions

INGREDIENTS

- 1 tablespoon olive oil (14 g)
- 1 bunch of broccolini, sliced lengthway (608 g)
- 1 cup of kale, stalks removed, chopped (21 g)
- 2 tbsps of butter, unsalted (28 g)
- 1 clove of garlic, minced (3 g)
- 4 large slices of rye bread (116 g)
- 30 grams of cheese, cheddar
- 30 grams of cheese, mozzarella,

COOKING METHOD

- 1° Add oil to a medium skillet pan over a medium-high heat. Add in the broccolini and kale for cook for a further 4 minutes, or until you can pierce the broccolini with a fork. Season with a little salt and pepper and set aside in a bowl.
- 2° Combine butter and garlic and spread on one side of the bread slices. Place slices butter side down on the same pan used to cook the veggies. Distribute both cheeses between 2 of the slices, reserving half of the cheese. These will be the bottom slices of your toasties. Top with a layer of the veggie mixture, followed by the remaining cheese. Add the top layer of bread and cook the sandwiches on each side until the cheese melts, about 2 minutes on each side.
- 3° Slice sandwiches in half to serve.
- 4° Note Gluten-Free Option: Use gluten-free bread in place of sourdough. Dairy-Free Option: Use olive oil in place of butter and swap out cheese for ½ an avocado.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (425 g)	% DRI
ENERGY	127 kcal	538 kcal	27 %
FAT	7 g	29 g	45 %
FATTY ACIDS, TOTAL SATURATED	3 g	13 g	67 %
CHOLESTEROL	13 mg	53 mg	18 %
SODIUM	161 mg	683 mg	28 %
CARBOHYDRATE	12 g	53 g	18 %
SUGARS	2 g	8 g	—
FIBER	3 g	12 g	48 %
PROTEIN	5 g	22 g	—