



Sunday Night Toastie

Ingredients:

2 slices Burgen® Grains with Barley Bread
 ½ cup left over savoury mince (i.e. Bolognese sauce)
 ¼ cup shredded reduced fat cheese
 tomato relish to serve

Preparation:

Preparation time: 1 hour (includes 30 minutes refrigeration); Serves: 4

1. Heat left over savoury mince until warm.
2. Toast Burgen bread and top with warmed savoury mince and shredded cheese.
3. Grill until cheese is melted. Serve with tomato relish.

Average Nutritional Information per serve	
Energy	1770 kJ
Protein	40.0 g
Fat	16.8 g
- Saturated	5.6 g
CHO	25.4 g
Sugars	4.6 g
Dietary Fibre	5.2 g
Sodium	560 mg