



# Tortilla Toastie



## Ingredients

2 tortillas  
25g (1oz) sliced cheese, e.g. Cheddar or Emmental  
1 spring onion, chopped  
1 x 10ml spoon (1 dessert spoon)  
tomato based sauce topping or pesto  
1 slice ham, chopped (optional)

## Equipment

Chopping board, non-stick frying pan, knife, fish slice and measuring spoon.

## Method

1. Prepare the fillings.
2. Heat the frying pan on the hob.
3. Place one of the tortillas in the pan.
4. Spread the tomato sauce or pesto over the tortilla.
5. Arrange the cheese, spring onion and ham over the tortilla.
6. Cook for 3-4 minutes, or until the cheese starts to melt.
7. Place the second tortilla on top.
8. Flip the tortilla over and cook for 3-4 minutes.
9. Cut into quarters and serve.

## Options

Add fresh chilli or garlic for a kick.  
Why not add mushrooms, tomatoes, red onion, green pepper, courgette, sweetcorn, herbs, chicken, sliced beef or tuna

# Nutrition Information

Tortilla Toastie*	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	518	1656	828
Energy (kcal)	124	396	198
Protein (g)	4.9	15.8	7.9
Fat (g)	2.9	9.2	4.6
of which saturates (g)	1.4	4.6	2.3
Carbohydrate (g)	20.8	66.6	33.3
of which sugars (g)	0.6	2.0	1.0
Fibre (g)	0.9	2.8	1.4
Sodium (mg)	188	602	301
Salt (g)	0.5	1.6	0.8

\* Calculation based on a tomato, cheese and spring onion filling.

## Notes

# Key Messages

## Healthy eating

- Try using different vegetable fillings, such as cherry tomatoes, red onion and mushrooms.
- Use a reduced fat cheese, e.g. half-fat Cheddar or Edam

## Money

- Use economy brands from supermarkets, e.g. value cheese or tomato topping.
- Buy a packet of tortillas, freeze and remove just what you need.

## Food safety

- Wash fresh vegetables thoroughly before use.
- Be careful when flipping over the tortilla - it will be hot.