



# Potato sandwich

20'  
Hands on

5'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Ingredients

- 1 potato, (500 g)
- 100 g all-purpose flour
- 1 egg
- 100 g panko breadcrumbs
- 100 g seed oil

### To assemble

- 8 slices cheddar
- 2 slices ham

### To serve

- rocket
- cherry tomatoes

## Διατροφικός πίνακας

Nutrition information per portion

1035 Calories (kcal)	50.0 Total Fat (g)	21.0 Saturated Fat (g)	103.0 Total Carbs (g)
52%	71%	105%	40%
4.3 Sugars (g)	41.0 Protein (g)	6.1 Fibre (g)	2.5 Sodium (g)
5%	82%	24%	42%

## Method

- Preheat the oven to 200° C (390° F) set to fan.
- Cut the potato into 4 slices and add them to a pot with salted water. Boil them for 5 minutes, until they are tender.
- Remove and transfer them to paper towels to release their moisture and cool.
- Place a frying pan with the seed oil over medium heat. Add the flour into a bowl, the egg into another one, and the panko into a third bowl.
- Dip the potatoes successively into the flour, the egg, the panko, making sure that their whole surface is coated. Transfer them to the hot pan and cook them for 1-2 minutes on each side, until golden. Remove and transfer to paper towels.
- Place 2 cheddar slices on a potato slice, then add 1 ham slice, two more cheddar slices, and cover with another potato slice. Follow the same process for the rest of the potatoes.
- Transfer to a baking pan and bake for 5 minutes until the cheese melts.
- Remove and serve with rocket and cherry tomatoes.