



# Grilled Sandwich with Pan Roasted Tomatoes and Goat Cheese

20 minutes

Hands on

4

Portion(s)

1

Difficulty



## Method

For the pan roasted tomatoes

- In a large bowl, add all of the ingredients apart from the tomatoes.
- Mix well with a spoon and then add the tomatoes.
- Gently mix to coat the tomatoes in the marinade.
- Place a pan over medium to high heat and wait for it to get very hot.
- Add the tomatoes and cook for 2-3 minutes on each side.

To assemble

- Preheat oven to 180\* C (350\* F) Fan.
- Place a pan over medium to high heat.
- Add a teaspoon of butter and let it melt.
- Add 2 slices of sandwich bread and toast for 2-3 minutes on each side.
- Remove and keep warm. Repeat with the remaining slices of bread.
- When all 8 slices are ready, spread them out on a clean working surface.
- Spread a teaspoon of the mustard on one side of each slice.
- To 4 of the slices, add 1 slice of ham, 2-3 slices of pan roasted tomatoes and a piece of goat cheese.
- Cover with the remaining 4 slices of bread.
- Transfer to a nonstick baking pan.
- Bake for 5-8 minutes, until the cheese melts.
- Serve with spinach.

## Ingredients

For pan roasted tomatoes

- 1 clove of garlic, thinly sliced
- 5 sprigs fresh thyme, only the leaves
- salt
- pepper
- pinch of salt
- 2 tablespoons olive oil, for sautéing
- 2 medium sized tomatoes, sliced in to 1 cm rounds

To assemble

- 8 slices [sandwich bread](#)
- 60-80 g butter
- 250 g goat cheese roll, sliced
- 4 slices smoked ham
- 80 g mustard seeds
- 150 g baby spinach

## Διατροφικός πίνακας

Nutrition information per portion

668 Calories (kcal)	31.5 Total Fat (g)	13.5 Saturated Fat (g)	66.0 Total Carbs (g)
33%	45%	67%	26%
17.5 Sugars (g)	27.2 Protein (g)	3.7 Fibre (g)	3.4 Sodium (g)
19%	54%	15%	57%