

Snacky Stuff

Brilliant Buns!



Pizza Buns

Ingredients:

Wholemeal bun
2 teaspoons red pesto
2 slices fat-reduced mozzarella
Cherry tomatoes (sliced)
Mixed herbs

Equipment:

Knife
Grill

Method

1. Split the bun and toast lightly.
2. Spread each half of the bun with red pesto.
3. Top with mozzarella, tomatoes and mixed herbs.
4. Grill until the mozzarella has melted.

Try some of the following toppings or create your own!

Topping ideas:

- Chopped pineapple and ham
- Chicken and chorizo
- Mixed vegetables such as mushrooms, onions and courgettes
- Turkey and peppers
- Mixed seafood for example tuna, anchovies and prawns

Pain Perdu

Ingredients:

Wholemeal bun (fruit bun if preferred)
1 egg
2 tablespoons milk
25g butter
Seasonal fruit (to serve)

Equipment:

Knife
Frying pan
Hob
Mixing bowl
Whisk

Method

1. Beat together the egg and milk in the mixing bowl
2. Split the bun and dip each half into the egg mixture until well covered
3. Melt the butter in the frying pan
4. Add the buns and cook until golden
5. Serve with seasonal fruit