

FRENCH TOAST FOLDOVER

Makes 1 sandwich

INGREDIENTS

3 eggs
¼ cup milk
Salt and pepper, to taste
2 slices SASKO More Slices White Bread
3 tbsp butter, softened
2 slices sandwich ham
1/3 cup grated cheese
½ spring onion, sliced

Serving suggestion:

Tomato sauce
Chopped fresh parsley and chives

METHOD

1. In a medium bowl, whisk together the eggs and milk. Season to taste.
2. Spread both sides of the two slices of bread with butter and set aside.
3. Heat a large pan (big enough to fit 2 slices of bread next to each other) over a medium heat.
4. Melt a tablespoon of butter in the warm pan, then pour in the egg mixture.
5. Immediately place the 2 slices of bread next to one another in the omelette. Ensure they soak up some of the eggy mixture before quickly flipping the bread slices in the omelette.
6. Once the egg is just set, flip over the whole omelette (bread included).
7. Allow the bottom of the omelette to set and turn a golden brown, about 1 minute.
8. Flip the four overlapping egg sides onto the two bread slices.
9. Layer the ham over one slice of bread, then sprinkle over the grated cheese and the spring onion.
10. Flip the uncovered bread slice over the other to form a sandwich. Allow to cook another 30-60 seconds on either side.
11. Once the toast is golden-brown on both sides and the cheese has melted, use the spatula to lift the omelette sandwich and place on the plate.
12. Sprinkle the French toast omelette sandwich with chopped fresh herbs, serve with tomato sauce to dip and ENJOY!