



GRILLED CHEESE

INGREDIENTS

- 1 tbsp mayonnaise or softened butter
- 60g grated cheese
- 2 slices bread (1cm thick)
- 1/4 tsp The Brazilian or Fidel's Revolution Rub

Grilled Cheese is a perfect quick lunch! And the options are almost limitless! Sourdough, rye, bloomer or plastic bread? Cheddar, Red Leicester, Double Gloucester, Mozzarella? And add on a spice crust and it just gets better.

INSTRUCTIONS

1. Pre-heat the oven to 180°C if making a batch
2. Mix the spice rub with the mayonnaise or softened butter and spread evenly on one side of each slice of bread
3. Heat a heavy based frying pan on a medium/high heat on the hob
4. Add one slice of bread to the pan, spread side down
5. Add the grated cheese onto this slice. Don't worry too much about bits falling off the side, this will just lead to lovely crisp bits
6. Add the second piece of bread on top, spread side up, and push down with a spatula to make sure all parts of the bread are able to brown
7. Turn the sandwich with the spatula after 3-4 minutes and cook the other side for another 3-4 minutes
8. If making more than one, place the first one in a preheated oven covered in foil to avoid colouring any more
9. When ready to serve, cut in half to allow the melted cheese to ooze out, and serve with pickles or tomato soup



Feeds

1



Prep time

5 m



Cook time

6 - 8m

