



QUICK CROQUE MONSIEUR

LIGHT MEAL

CAPE TREASURES SUNDRIED TOMATO MUSTARD

TIME TO PREPARE

Less than 20min

SERVINGS

2

INGREDIENTS

4 Slices Light Rye Bread (or any other as per personal preference)

4 Teaspoons Cape Treasures Sundried Tomato Mustard

1 Egg

60ml Crème Fraiche

50g Gruyere Cheese

METHOD

- Spread 4 slices of light rye bread with Sundried Tomato Mustard.
- Make 2 sandwiches using 4 slices ham and 50g grated gruyere cheese.
- Butter the outside of the sandwiches and toast in a frying pan until golden on both sides.
- Mix 1 egg, 60ml crème fraiche and 50g gruyere together. Spread on top of the sandwiches and grill until the cheese bubbles.