



TURKEY MELT PANINI

 15 MINUTES

 4



CALS

369



PROTEIN

33



CARBS

29



FAT

14



FIBRE

5

TURKEY MELT PANINI

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

4 rashers of bacon
3 tablespoons of mayonnaise
1 teaspoon of Dijon mustard
8 slices of wholegrain bread
225 grams of deli turkey, sliced
1 apple, sliced into eight thin segments
30 grams of Monterey Jack cheese

INSTRUCTIONS

Begin by preheating both a waffle iron or sandwich grill and a grill to a high temperature setting.

Arrange the bacon on a baking tray and grill until it becomes crisp and golden.

In a small bowl, mix together the mayonnaise and mustard and then spread the mixture over all the slices of bread. Divide the bacon, turkey slices, apple and cheese evenly among 4 slices of bread and top with the remaining bread, mayonnaise side down.

Lightly coat both sides of the sandwich with cooking spray and place a sandwich in each compartment of the grill. Close it firmly on the sandwiches and cook them for around 5 minutes, by which point they will be a delicious golden brown and the cheese will have melted.

MACROS PER PORTION

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