

# Toastie Machine Recipes

The toastie machine is a much-loved favourite and can make a whole range of delicious, nutritious, and filling toasties and sandwiches. Toasties are so versatile, and there are endless combinations of fillings you can use that can be cheap and healthy. However, if you are ever bored of a toastie, toastie machines can be used to make so much more. Toastie machines are easy to use and can be stored away easily making it a very useful appliance to have. These four recipes can be made entirely on the toastie machine and require little else so that they are easy to follow and can be made at any time.

If you are looking to buy a toastie machine, Currys PC World offer some that cost less than £10, like the LOGIK L02SMS17 Sandwich Toaster. If you are able to order off the internet, cheaper appliances can be found on Amazon, although delivery costs will apply.



# Omelette

## Ingredients & Cost

Prices are from Lidl Supermarket

- Pack of 6 eggs- £0.69
- 1 red pepper- £0.49
- 3 red onions- £0.49
- Salt and pepper (optional)

This easy omelette recipe contains 2 of your '5 a day' and contains enough protein for a whole day. It takes less than 15 minutes to make and the vegetables used can be swapped out for any others you may prefer. Serves 2.

Eggs are a fantastic source of protein, vitamins and minerals. They are incredibly nutritious and have been linked to a reduced risk of heart disease. By adding pepper and red onion, you can boost your daily intake of vegetables as well as your intake of vitamins like Vitamin C.

Timing: 15 minutes.

## Equipment

- Toastie machine
- Fork
- Knife
- Mug

## Method

1. Heat up the toastie machine
2. Cut up the red pepper and red onion into small chunks using a knife
3. Crack the eggs into a mug and using a fork, mix them together
4. Add salt and pepper to taste, then, add the chopped up red pepper and red onion to the egg and mix together
5. Pour the mixture onto the toastie machine and let it cook for 10 minutes or until cooked through.