

Spaghetti Toasties

Serves 4

INGREDIENTS

- 400g tin Heinz spaghetti
- 1 small carrot
- 3 cauliflower florets
- 4 slices wholemeal bread
- Cooking oil spray



METHOD

1. Grate the carrot and cauliflower and mix together.
 2. Add the can of Heinz spaghetti and chopped vegetables into a small saucepan. Bring to the boil and simmer for 5 minutes or until the sauce is thickened and the vegetables are cooked through. Set aside to cool.
 3. Fill two slices of bread with the spaghetti mixture. Top with the remaining two slices of bread.
 4. Lightly spray the toastie machine if you have, or a frying pan if you don't, and place a toastie in it. Leave until golden and heated through, turning once if you are using a frying pan.
1. Serve immediately.

EATING HEALTHY
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Serving suggestion- For best results use a toastie machine if available .