

STOP FOOD WASTE WEEK 2019

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CHEESY GREEK PITA TOASTIE

Serves 8

By Rozanne Stevens, from her cookbook, 'Eat Well at Work'

If your office doesn't have a toasted sandwich maker or panini press, do yourself a favour and get one! A toasted sandwich and soup are a lovely comforting lunch on a chilly day.

A good cheese toastie is one of life's simple pleasures. There are endless bread and filling options to try beyond the usual cheese and tomato combination on white bread. I took inspiration from my favourite pizza toppings for this toastie: combining classic Greek ingredients such as feta cheese and Kalamata olives in this deliciously gooey, cheesy delight.

If this filling is not to your liking, that's ok. It's more about thinking of prepping and bringing in a sarmie to toast. It's a great way to revive stale bread, use up a few bits and bobs, and save a few quid on buying a café lunch.

Ingredients:

1 tsp light olive oil or a spritz of spray oil
4–5 button mushrooms, sliced
½ cup (15g) baby spinach leaves
1 pita pocket
a 2-finger thick slice (25g) of Mature Cheddar or Mozzarella Cheese, grated
1 tbsp (15g) crumbled Feta Cheese
4 Kalamata olives, pitted and halved
Freshly ground black pepper



Method:

- Heat the oil in a medium-sized non-stick pan set on a high heat. Add the mushrooms and quickly cook until browned and softened. Remove from the pan and set aside.
- Add the spinach leaves to the same pan and toss until just wilted. Remove from the pan and set aside.
- Carefully slice the pita pocket three-quarters of the way open. Lay the pita flat and lift up the top half. Add the two types of cheese on the base of the pita.
- Spread the mushrooms, spinach and olives on top of the cheese and season with black pepper.
- Wrap the pita toastie in foil to transport. Chill in the fridge until ready to toast.
- Ideally, you'd toast the pita in a small panini maker or flat sandwich press. Simply heat up and toast until the cheese is melted and the toastie is hot in the middle. You can use a little olive oil spray on the panini press to make your toastie extra toasty.
- This is delicious served with your favourite soup or a fresh side salad.

Make Ahead:

I always have grated Cheddar in the freezer. It goes a bit crumbly, but it's fine once it's melted. Ditto with pita pockets. You can also use frozen spinach in this recipe. It's normally frozen in small compact balls that you defrost, then squeeze out the water before cooking. You can also make a few of these at a time, wrap well, and freeze. It's more efficient and you'll never be stuck for a delicious work lunch.

In discussing the perfect toastie on social media, a few people mentioned spreading mayonnaise on the outside of the bread to make it extra toasty. I tried this and it definitely made the bread super toasty. I didn't like the flavour, but that's just me.

The other tip was to pile grated cheddar cheese and thinly sliced onion on top of the sandwich before toasting, the idea being to create a cheese and onion crisp vibe. It works, it's delicious, but there will be extra cleaning of the toasted sandwich maker involved. If you are the sort of co-worker who doesn't clean the staff kitchen, you can't be trusted with this!

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