

KIMCHI AND CHEDDAR FRENCH TOAST SANDWICH WITH A CRISPY FRIED EGG AND BEETROOT SALAD

Toasted sandwiches make for a most comforting lunch. This recipe, with its tangy extra mature cheddar and punchy kimchi, bundled in a pillow of buttery, eggy bread, is no exception. You can use ready steamed beetroot for the salad, if you're short on time but roasting will bring out more of the fabulous flavour. You can roast the day before and keep in a sealed container in your fridge for 3 days, to make things easier.

Prep time 20 minutes | Cook Time 50 minutes | Serves 2

3 medium sized beetroot, scrubbed

1 garlic clove

Olive oil

Sea salt

Freshly ground black pepper

4 Clarence Court hen eggs

A splash of milk

4 thick slices of bread

Unsalted hutter

150g extra mature cheddar

50g kimchi

2 handfuls of mixed salad leaves

2 tablespoons clementine or orange juice

Pre-heat the oven to 190C/170C fan

Chop 2 of the beetroot into 1.5cm cubes and add to a small roasting tray lined with baking parchment. Crush over the garlic clove, drizzle a little olive oil and season with salt and pepper.

Toss the beetroot, garlic, olive oil, salt and pepper together, cover the tray with foil and roast in the oven for 30 minutes or until tender. Finely slice the remaining beetroot and place in a bowl to one side.

Crack 2 eggs into a wide, shallow bowl and whisk with a splash of milk. Season with salt and pepper, then whisk again. Place the bowl to one side.

Butter each slice of bread and divide the grated cheese and kimchi evenly, to make 2 sandwiches. Then, place a large frying pan on a low heat with a knob of butter.



KIMCHI AND CHEDDAR FRENCH TOAST SANDWICH WITH A CRISPY FRIED EGG AND BEETROOT SALAD

Dip each sandwich into the egg mix and place into the pan. Turn up the heat and fry the sandwiches on each side until golden brown. Place a clean pan lid and 2 tins on top of the sandwiches to act as a weight to compress the sandwiches and help produce a crispier result with delicious, melting cheese.

Meanwhile, fry the 2 remaining eggs until crispy in a separate pan.

Just before serving, toss the roasted (or steamed) beetroot with the sliced beetroot, salad leaves, clementine juice, a splash of olive oil and sea salt and pepper to season.

Remove the toasties from the pan, top with a fried egg each, cut in half and serve with the salad for a delicious lunch, brunch or snack.





Follow us on social media for more inspiring recipes, fabulous photography, seasonal collections, competitions and events.

