



Vegetables Sesame Bun

Ingredients

- 1/2 carrot, spiralized with SpiralEZ
- 1/2 zucchini, spiralized with SpiralEZ
- 1 sesame bun
- honey mustard sauce
- butter

Step

1. Cut the sesame bun in middle, do not cut off. Spread on some butter.
2. Put the carrot spirals and zucchini spirals on the bun with honey mustard sauce.
3. Bake in the toaster oven for 3 minutes or until golden brown. Ready to serve.



田園鹹豬包

材料

- 紅蘿蔔 --- 1/2 個；刨成絲
- 翠玉瓜 --- 1/2 個；刨成螺旋片
- 鹹豬包 --- 1 個
- 蜜糖芥末醬 --- 適量
- 牛油 --- 適量

做法:

1. 將鹹豬包從中間均勻切開，不要切斷；平均將牛油抹在麵包內。
2. 放入紅蘿蔔絲及翠玉瓜片。
3. 然後塗上蜜糖芥末醬。
4. 放入多士焗爐焗 3 分鐘呈金黃色即成。