

Cheesy Toast with Kale

Season: Winter

Type: Side

Serves: 30 tastings

From the garden: Kale

Class focus: Finely chopping kale & spreading mixture on the bread



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Baking tray x 3
Baking paper
Serving plate x 5
Kitchen tong x 5

Ingredients:

4 cups grated cheese
2 teaspoons Dijon mustard
½ cup mayonnaise
3 kale leaves (leaves only, finely chopped)
30 slices of bread (including crust on both ends)

What to do:

1. Heat oven to 180C.
2. Wash the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all ingredients **except** bread into a large mixing bowl, mix evenly.
5. Spread 1 heap tablespoon of cheese mixture on each piece of bread.
6. Place bread on the lined baking trays and bake in the oven for 7 minutes or until cheese is melted and golden.
7. Serve into 5 serving plates with a kitchen tong in each.

For vegan / dairy intolerance option:

Add the cheese at the end so you can take a portion out without cheese to make for the vegan or dairy intolerance students.

For gluten free option:

Gluten free bread will be provided for students with gluten intolerance.