

Quick Open-Faced Sandwich



Discover our delicious sandwich: a symphony of bold flavors and harmonious textures. A perfect blend of fresh and nutritious ingredients, combining the crunchiness of sesame seeds with the exquisite aromas of pesto and Dijon mustard. An unforgettable taste experience, to be enjoyed on a bagel or toasted bread!

Preparation 5 min

Cooking 5 min

Servings 1

Nutrition Facts (per serving)

Calories 395

Fat 21

Carbohydrates 53

Fibre 6

Protein 24

Sodium 450

Ingredients

- 15 ml (1 tbsp) of pesto
- 5 ml (1 tsp) of Dijon mustard
- 4 slices of tomatoes
- 1 soft-boiled egg, sliced
- 15 ml (1 tbsp) of crumbled feta cheese

- Bagel or toasted bread (your choice)

Preparation

1. Mix the pesto with the Dijon mustard and spread it on the slices of toasted bread or bagel.
2. Place the tomatoes, egg slices, feta cheese, and sesame seeds on top.

Notes



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