

Vegan Toasted Sandwich



Serves 2

Prep 10 mins

Cooking 15 mins

Easy

Ingredients

4 slices thick sourdough or ciabatta
6-8 **very thin** (about 2-3 mm) slices of butternut or other squash
1 tsp paprika
6 tbsp hummous
2 ripe avocados, sliced
olive oil
salad leaves
salt & pepper

1. Pop the slices of bread into a toaster, then heat a glug of olive oil in a frying pan. Once hot, add the butternut squash, paprika and seasoning. Fry until the squash is soft and golden brown, which takes around 5 -10 minutes.
2. Spread the hummous on one of the pieces of toasted bread, top with the squash, slices of avocado and a handful of salad leaves, then sandwich together.
3. In a second frying pan add some oil and, once hot, fry the sandwiches one at a time, until they have just warmed through, turning over halfway through to ensure both sides of the bread are equally browned.