

Raciones para 2

250 gr Carrots

80 gr Oat flour

2 Eggs

Salt

Pepper

1 Teaspoon of oregano

A pinch Paprika

A pinch Curry

Havarti cheese

Ham

Rocket salad or spinach

Avocado

- 1 For the bread, grate the carrots, place them in a bowl, and combine with oat flour, eggs, salt, pepper, and spices.
- 2 Whisk until smooth and pour into a previously greased rectangular container suitable for microwaving.
- 3 Cook in the microwave at the highest power for one minute and 40 seconds.
- 4 Remove from the microwave carefully and unmould. Halve to fill it.
- 5 Preheat the EliteGrill oven to 190 °C with the Sandwich function. Place a slice of cheese on one of the half of the bread, a ham slice, some rocket salad or spinach, three avocado slices and another cheese slice.
- 6 Put the other half of the bread on top and roast in the EliteGrill for three minutes.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/sandwich-con-pan-de-zanahoria/>

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