

## 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/>

