

# Cheese, apple, and caramelised onion sandwich

COOKING  
LOVERS TEKA



## Consejo del chef

Serve hot and enjoy the unique taste of the grilled bread with melted cheese.

## Raciones para 2

Sandwich bread to taste

Vegan sliced cheese

1 Apple

1 Onion

2 Teaspoons of coconut sugar

1 Teaspoon of olive oil

- 1 Wash, core, and slice the apple, removing the seeds.
- 2 Bake it for 15 minutes at 180 °C.
- 3 Cut the onion into very thin slices and brown them in a skillet with olive oil over low heat. When the onion is tender, add the sugar and cook for 20 more minutes, or until the onion turns brown and soft.
- 4 Assemble the sandwich with the caramelised onion, a couple of vegan cheese slices, and cooked apple to taste.
- 5 Place the bread on the grill and cook until the bread is golden brown and crunchy.

## Chef's Notes

---

---

---

---

<https://cookinglovers.teka.com/en/receta/sandwich-grill-queso-cabeolla-caramelizada-manzana/>

