



# Cycle 1

## Ham & cheese toast

### Ingredients

- ▶ Bread
- ▶ Mustard
- ▶ Ham
- ▶ Cheddar cheese

### Cooking cycle

	Top Temp.	Bottom Temp.	Total Time	Microwave	Bef/After	Flex
SpeedLight	249°C	220°C	1.10	0.12	Before	On
SpeedLight PEP	249°C	220°C	1.10	0.14	Before	On



### Chef tips

Remember: cheese on the bottom and ham on top  
Add a bit of dijon mustard for a spicy twist