



## Cycle 3 Gourmet sandwich

### Ingredients

- ▶ Bread
- ▶ Maionnaise
- ▶ Edamer cheese
- ▶ Roast-beef
- ▶ Fresh arugula

### Cooking cycle

	Top Temp.	Bottom Temp.	Total Time	Microwave	Bef/After	Flex
Speedelight	249°C	220°C	1.00	0.20	Before	On
Speedelight PEP	249°C	220°C	1.00	0.25	Before	On



### Chef tips

Remember: cheese on the bottom and fresh greens on top