



Cycle 4

Vegeterian sandwich

Ingredients

- ▶ Bread
- ▶ Cream cheese
- ▶ Avocado
- ▶ Baby spinach
- ▶ Mixed sprouts

Cooking cycle

	Top Temp.	Bottom Temp.	Total Time	Microwave	Bef/After	Flex
SpeedDelight	249°C	220°C	1.15	0.20	Before	On
SpeedDelight PEP	249°C	220°C	1.15	0.28	Before	On



Chef tips

Add some fresh cilantro for extra taste or some seasoned carrots for extra crunch