



Pumpkin Lovers Sandwich

Ingredients

- 1pc Pumpkin bread
- 8g Pumpkinseeds pesto (blend roasted pumpkin seeds and mix with pumpkinseed oil)
- 35g Pumpkin wedges
- 25g Pear slices
- 5g Dates slices
- 20g Cream cheese with pepper

Cooking cycle - 3 phase, flex model

	Top temp	Bottom t.	Tot time	Microwave	Bef/after	Flex	Food temp
SpeedDelight	249°C	200°C	0.45 min	18	Before	On	+3°C



Chef Tips

You can use any other kind of bread.

Add one slice of ham, or some roasted chicken.

