

Spam and Tomato Toasties

A cheap and easy anytime snack

These toasties don't take long to prepare or cook, and the ingredients can be whatever you wish. For the meat I used spiced ham from Aldi because it's cheaper than actual Spam; but you can substitute ordinary ham, lightly fried bacon bits, or chopped cooked chicken. The tomato and mushrooms worked fine for us. You might prefer other alternatives such as chopped zucchini, chopped capsicum and even chopped olives.

2 Tbsps Spam, chopped small
 1 medium tomato, coarsely chopped
 1-2 cup mushrooms, peeled and chopped
 1 tsp olive oil, or other
 1 rounded tsp table spread
 2 slices of toast + spread or butter
 Salt and pepper (optional)



Prepare all of the ingredients first. In a small saucepan, warm the oil and spread until just sizzling, then stir-fry the mushroom for about 2 minutes before adding the tomato. Any alternative vegies can go in at this time. Heat on medium-low for five minutes, stirring occasionally. A shake of salt and pepper can go in now if you are including them. While this is cooking, toast the bread and allow to cool slightly before putting on the spread or butter; and also stick a couple of small plates in the oven to warm.

Finally, mix in the spiced ham or other meat and continue cooking and stirring for a couple of minutes. Now pile the mixture onto the two slices of buttered toast and enjoy.

Serves 2

Tip: as a variation stir in a tablespoon of chopped cheese to the pan just prior to serving.

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