



Tasty garlic cheese sandwich



Ingredients

- 1 Henri Willig Organic Cow's Cheese with Garlic
- 1 tablespoon Henri Willig Honey Mustard
- 1 teaspoon mayonnaise
- 4 rounds
- 1 red onion
- 8 strips of grilled red pepper
- handful of lamb's lettuce
- handful of chopped walnuts

Make your own delicious tasty garlic cheese sandwich. Perfect as a brunch or lunch dish, and vegetarian too. A simple recipe, but oh so delicious - ideal for a quick but tasty meal. Be surprised by the simple perfection of this cheese sandwich with a hint of garlic.

Preparation

- 1: Toast the bread.
- 2: Meanwhile, slice the onion rings and fry them in the pan until soft and discoloured.
- 3: Mix the honey mustard with the mayonnaise and spread 1 side of the buns with the mixture.
- 4: Spread lamb's lettuce over the bread slices and top with the cheese.
- 5: Then add the grilled paprika and over that the onion rings.
- 6: Sprinkle with some chopped walnuts and top with the ungreased slices of bread.
- 7: Cut the sandwich and then secure it with a skewer. If you cut it twice, it will be extra high.
- 8: Divide between 2 plates and your simple but delicious sandwich is ready. Enjoy!

Why does my breath smell like garlic after eating?

The smell of garlic on your breath comes from the compounds, such as allicin, that are released during eating. These compounds can travel through your bloodstream to your lungs, affecting the smell of your breath. Drinking milk or chewing parsley can help reduce the smell.

Serving and variation tips:

- **With soup:** Pair the garlic sandwich with a rich soup, such as tomato soup, pumpkin soup or asparagus soup.
- **Vegetables:** Add grilled vegetables such as pepper, courgette or aubergine for a tasty and colourful variation.
- **Meat or veg:** Make the sandwich heartier with slices of roasted meat, such as chicken breast or prosciutto, or use a vegetarian option such as grilled halloumi or tempeh.