



SPINACH, BACON AND FETA BRAAI BROODJIES

Suitable for carb cravers.

To celebrate Heritage month, we partnered with Capital Hotel School in Pretoria and asked their chef students to create unique dishes based on South Africa's traditional favourites. For this twist on braai broodjies, Nomawethu Mkhombo and Naledi Mamogobo made garlic the star of the show and also added a chocolate dessert broodjie.

Prep time: 6 minutes
Cook time: 13 minutes
Serves: 4 people

INGREDIENTS:

FOR SPINACH, BACON AND FETA BRAAI BROODJIE:

8 slices of white bread
1 onion, thinly sliced
2 cloves garlic, crushed
200g baby spinach
60g butter
125g bacon, sliced Pepper
200g feta cheese

FOR CHOCOLATE BRAAI BROODJIE WITH MARSHMALLOWS AND STRAWBERRIES:

8 slices white bread
80g milk chocolate
150g mini marshmallows
200g fresh strawberries
50g cinnamon sugar
60g butter

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INSTRUCTIONS - SPINACH, BACON AND FETA BRAAI BROODJIE:

1. Add butter in a medium-sized saucepan and fry the bacon, garlic and half of the onions.
2. In a separate pan, add spinach and butter and cook for 2 minutes.
3. Butter your slices of bread on both sides.
4. Assemble your braai broodjie by first layering your spinach, then your cooked bacon, onions, and feta cheese.
5. Season with pepper and braai the broodjies for 3 minutes on each side.
6. Serve warm.

Tip: Place your finished braai broodjies in a folding grid to easily turn them as they start to braai. If you don't have one, make sure to use a stainless steel spatula (not a plastic one) to turn your braai broodjies.

INSTRUCTIONS - CHOCOLATE BRAAI BROODJIE WITH MARSHMALLOWS AND STRAWBERRIES

1. Butter slices of bread on both sides.
2. Assemble your braai broodjies by first layering some marshmallows, then chocolate.
3. Braai the broodjie for 2 minutes on each side.
4. Remove from heat, then open your broodjies and add the sliced strawberries.
5. Coat the bread with the cinnamon sugar and braai for 30 seconds.
6. Remove from heat and serve.

Tip: Place your finished braai broodjies in a folding grid to easily turn them as they start to braai. If you don't have one, make sure to use a stainless steel spatula (not a plastic one) to turn your braai broodjies.

MEGAMASTER RECIPE TIPS



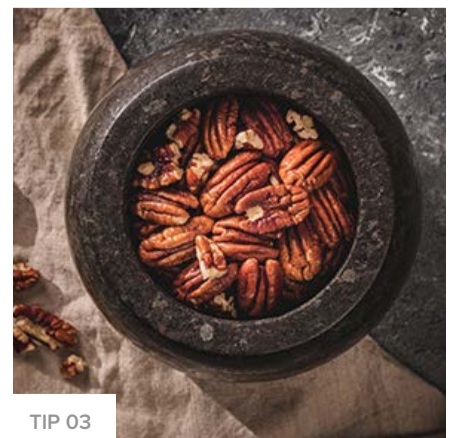
TIP 01

Make sure to crumble your feta cheese so it is evenly spread on your broodjie.



TIP 02

To make the cinnamon sugar for the dessert broodjie, combine 1 teaspoon of ground cinnamon and 1 teaspoon of castor sugar.



TIP 03

To add crunch to your dessert you can always add some crushed pecan nuts.