

Sweet soy croque-monsieur

Total time **35 mins** 20 mins preparation time 15 mins cooking time

Nutritional facts (per portion):

1,880 kJ / 450 kcal

Fat: **25 g** Protein: **25 g**

Carbohydrates: **34 g**

INGREDIENTS

2 portion(s)

4 slices toast bread
4 slices ham
100 g Gruyere cheese, grated
Béchamel sauce:
1 tbsp butter
1 tbsp flour
180 ml milk
1 tbsp Kikkoman Sauce for Rice
- sweet
1 pinch nutmeg
Salt and freshly ground pepper to taste

PREPARATION

Step 1

1 tbsp butter - **1 tbsp** flour - **180 ml** milk - **1 tbsp** Kikkoman Sauce for Rice - sweet - **1 pinch** nutmeg
- Salt and freshly ground pepper to taste
Prepare the béchamel sauce: heat the butter in a small pot over medium heat. Add the flour and, stirring, fry until golden brown for about a minute. Gradually pour in the milk, stirring constantly until smooth. Cook over low heat until the sauce thickens. Add the Kikkoman Sauce for Rice, nutmeg, salt and pepper. Stir and season to taste.

Step 2

4 slices toast bread - **4 slices** ham - **100 g** Gruyere cheese, grated
Spread the béchamel sauce on one side of each slice of bread. Place half of the cheese and the ham on 2 slices, then top with the remaining slices—sauce side up. Transfer to a baking tray, spread more béchamel sauce on top and sprinkle with the rest of the cheese. Bake in an oven preheated to 180°C for about 12 minutes. Serve immediately, for example with a green salad and vinaigrette.