



# COOK

## Ham & Emmental Cheese Roll

with sun-dried tomato pesto & salad leaves

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1048kJ	2504kJ
Energy	250kcal	598kcal
Protein	11.6g	27.6g
Carbs	21g	50g
of which sugars	0.8g	1.8g
Fibre	2.4g	5.2g
Fat	12.9g	30.9g
of which saturated	5.3g	12.6g
Sodium	485.1mg	1159.1mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

**Spice Level:** None

Eat Within 2 Days

**Ingredients & Prep Actions:**

Serves 1	[Serves 2]	
1	2	Portuguese Roll/s
20ml	40ml	Pesto Princess Sun-dried Tomato Pesto
20ml	40ml	Crème Fraîche
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1 unit	2 units	Sliced Pork Ham
30g	60g	Emmental Cheese <i>slice</i>

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **ON A ROLL** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **CREAMY PESTO** In a bowl, combine the pesto, the crème fraîche, and seasoning.
3. **TOP, CLOSE, TASTE** Spread the roll/s with the creamy pesto. Top with the salad leaves, the ham, and the cheese. Quick and easy, Chef!