



UCCOOK

Brie & Ham Open Sandwich

with balsamic reduction

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 989kj | 2083kj |
| Energy | 237kcal | 499kcal |
| Protein | 11.6g | 24.4g |
| Carbs | 32g | 68g |
| of which sugars | 6.2g | 13.1g |
| Fibre | 6.7g | 19.3g |
| Fat | 6.1g | 12.8g |
| of which saturated | 2.9g | 6.1g |
| Sodium | 488mg | 1027mg |

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

| | | |
|----------|----------|------------------------------|
| 6 slices | 8 slices | Sourdough Rye Bread |
| 90g | 120g | Brie Cheese <i>slice</i> |
| 3 packs | 4 packs | Sliced Pork Ham |
| 30g | 40g | Salad Leaves <i>rinse</i> |
| 30ml | 40ml | Balsamic Reduction |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **BRIE & HAM COMBO** Top each half of the toasted bread slices with the brie, the ham, and the leaves. Drizzle over the reduction, and enjoy.