



# UCCOOK

## 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	1054kj	2256kj
Energy	252kcal	539kcal
Protein	11.2g	24g
Carbs	18g	39g
of which sugars	1.3g	2.7g
Fibre	0.5g	1g
Fat	14.4g	30.7g
of which saturated	5.9g	12.6g
Sodium	447mg	956mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
1	2	Milk 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 pack	2 packs	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!