



UCOOK

Basil Pesto & Ham Sandwich

with cheddar cheese

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Layla Moerat

Nutritional Info

	Per 100g	Per Portion
Energy	831kJ	2647kJ
Energy	199kcal	633kcal
Protein	9.4g	30g
Carbs	16g	50g
of which sugars	2.2g	7g
Fibre	4.8g	16.7g
Fat	10.4g	33.3g
of which saturated	3.7g	11.7g
Sodium	423mg	1348mg

Allergens: Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

1	2	Ciabatta Roll/s
1 pack	2 packs	Sliced Ham
30ml	60ml	Pesto Princess Basil Pesto
1	1	Tomato <i>rinse & slice into thin rounds</i>
40g	80g	Grated Cheddar Cheese

From Your Kitchen

Water

Seasoning (salt & pepper)

1. READY THE ROLL Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. LAYER WITH FLAVOUR Top the bottom half of the roll/s with the ham and spread with the basil pesto. Lay over the tomato, season and scatter with the cheese. Top with the other half of the roll and cut in half. Time to dig in, Chef!