



UCCOOK

Brie, Biltong & Onion Marmalade Sarmie

with dumpy health bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1375kJ	3575kJ
Energy	329kcal	855kcal
Protein	21.6g	56.1g
Carbs	31g	81g
of which sugars	3.8g	9.9g
Fibre	5.6g	20.6g
Fat	14.1g	36.7g
of which saturated	3.3g	8.7g
Sodium	537.1mg	1396.5mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Dumpy Health Bread
10g	20g	Green Leaves <i>rinse</i>
30g	60g	Brie Cheese <i>slice lengthways</i>
50g	100g	Beef Biltong
20g	40g	Chaloner Onion Marmalade

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **BRIE & BILTONG = BRILLIANT!** Top one of the bread slices with the green leaves, the brie cheese, and the biltong. Dollop over the onion marmalade. Close up and tuck in, Chef!