



U!COOK

Cream Cheese & Olive Marmalade Sarmie

with seeded sourdough bread

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	826kJ	2072kJ
Energy	197kcal	495kcal
Protein	6g	15g
Carbs	27g	67g
of which sugars	1.7g	4.2g
Fibre	1.1g	2.7g
Fat	7.9g	19.8g
of which saturated	3.9g	9.8g
Sodium	457mg	1148mg

Allergens: Gluten, Wheat, Cow's Milk

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
8g	10g	Fresh Basil <i>rinse & pick</i>
90g	125ml	Chaloner Olive Marmalade
150ml	200ml	Cream Cheese
330g	440g	Sourdough Bread
150g	200g	Cucumber <i>rinse & slice into rounds</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **WARM BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **SUPERB SARMIE** Spread the cream cheese over the slices. Top with the olive marmalade, followed by the cucumber. Finish off your samie with the basil and some seasoning. Lunch is served, Chef!