



UCCOOK

Ham, Goat's Cheese & Jam Sandwich

with green leaves

Listening to your favourite jam on the way to work can put you in a great mood for the workday. The same is true for this rosemary ham, apricot jam, & goat's cheese lunch, nestled in a warm ciabatta roll with fresh greens. Now pump up the volume and enjoy every bite, Chef!

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Hellen Mwanza

*New Lunch

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Ingredients & Prep

| | |
|---------|------------------------------|
| 3 | Ciabatta Rolls |
| 90ml | Apricot Jam |
| 75g | Chevin Goats Cheese |
| 30g | Green Leaves <i>rinse</i> |
| 3 packs | Sliced Pork Rosemary Ham |

From Your Kitchen

Salt & Pepper
Water

1. WARM ROLL Heat the roll in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. ASSEMBLE Smear the bottom half of the roll with the jam and the cheese. Top with the rinsed leaves and the ham. Close the roll, and enjoy.



Chef's Tip

Toast the roll in a sandwich machine if you have one!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 938kj |
| Energy | 224kcal |
| Protein | 11.3g |
| Carbs | 34g |
| of which sugars | 9.3g |
| Fibre | 2.7g |
| Fat | 5.2g |
| of which saturated | 2.3g |
| Sodium | 506.4mg |

Allergens

Gluten, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days