



UCCOOK

Ham & Tomato Chilli Jam Bagel

with cream cheese

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	1098kJ	2712kJ
Energy	262kcal	648kcal
Protein	7.1g	17.5g
Carbs	42g	103g
of which sugars	4.9g	12.2g
Fibre	1.8g	4.4g
Fat	7.1g	17.6g
of which saturated	2.5g	6.1g
Sodium	426mg	1052mg

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

Spice Level: MILD

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Kleinsky's Everything Bagel/s
20ml	40ml	Cream Cheese
15ml	30ml	Chaloner Tomato Chilli Jam
1 pack	2 packs	Sliced Pork Ham
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **WARM BAGEL** Halve the bagels and heat them in the microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **LAYERS ON LAYERS** Spread the cream cheese over the bottom half of the bagel. Top with the tomato chilli jam, the hickory ham and the salad leaves. Season, close up and dig in, Chef!