



UCCOOK

Blueberry & Brie Sarmie

with balsamic reduction

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1215kJ	2504kJ
Energy	290kcal	598kcal
Protein	10.1g	20.8g
Carbs	46g	96g
of which sugars	16.8g	34.6g
Fibre	1.4g	2.9g
Fat	7.3g	15g
of which saturated	4.2g	8.7g
Sodium	509.4mg	1049.7mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Balsamic Reduction
3 units	4 units	Blueberry Jam
6 slices	8 slices	Sourdough Bread
150g	200g	Brie Cheese <i>slice</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BLUEBERRY, BRIE & BALSAMIC** Top the slices of the bread with the brie, the jam, and the balsamic reduction. Close up the sandwich.
2. **SENSATIONAL!** Toast the sandwich in a sandwich press until golden. Alternatively, heat in a microwave until softened, 15 seconds.