



# UCOOK

## Hot Honey & Ham Grilled Cheese Sarmie

with chilli seasoning

Hot honey is currently one of the hottest foodie trends, and you will be getting on this trendsetting train with this superb sandwich, featuring rosemary ham, melted cheese, Greek salt, soft farm-style bread and, of course, hot honey! Next stop: A finger-licking lunch, Chef!

---

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

---

**Serves:** 4 People

---

**Chef:** Jemimah Smith

---

\*New Lunch

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

### Ingredients & Prep

|         |   |
|---------|---|
| 8       | White Bread Slices  |
| 4 units | Sliced Ham  |
| 200g    | Grated Cheddar Cheese   |
| 80ml    | Honey   |
| 20ml    | Chilli Seasoning<br><i>(10ml Dried Chilli Flakes &amp;<br/>10ml Greek Salt)</i> |

### From Your Kitchen

Salt & Pepper  
Water

**1. BEST SARMIE EVER** Top one bread slice with the ham and the cheese. Drizzle over the honey and sprinkle over the chilli seasoning (to taste). Close up with the remaining bread slice and pop in the microwave! Heat the sandwich in a microwave until softened and the cheese is melted, 15 seconds. Alternatively, toast in a sandwich maker.

### Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 1143kj  |
| Energy             | 273kcal |
| Protein            | 11.2g   |
| Carbs              | 35g     |
| of which sugars    | 11.6g   |
| Fibre              | 3.4g    |
| Fat                | 8.9g    |
| of which saturated | 4g      |
| Sodium             | 941.2mg |

### Allergens

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

Eat  
Within  
3 Days