



UCOOK

Brie, Biltong & Onion Marmalade Sarmie

with dumpy health bread

Instead of snacking on biltong, let's turn it into a South African-inspired sarmie, Chef! Toasted bread is layered with a sweet onion marmalade, slices of brie, salty morsels of biltong, & fresh greens for a mouthwatering eating experience - every bite!

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep

110g	Dumpy Health Bread Slices
10g	Green Leaves <i>rinse</i>
30g	Brie Cheese <i>slice lengthways</i>
50g	Beef Biltong
30ml	Onion Marmalade

From Your Kitchen

Salt & Pepper
Water

1. BEGIN WITH BREAD Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. BRIE & BILTONG = BRILLIANT! Top one of the bread slices with the rinsed green leaves, the brie cheese slices, and the biltong. Dollop over the onion marmalade. Close up and tuck in, Chef!

Nutritional Information

Per 100g

Energy	1421kj
Energy	340kcal
Protein	23.4g
Carbs	31g
of which sugars	1.2g
Fibre	4.2g
Fat	14.8g
of which saturated	3.6g
Sodium	575.5mg

Allergens

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

Eat
Within
2 Days