

Eat Within 2 Days

UCOOK

Ham & Onion Marmalade Toast

with dried chilli flakes

Hands-on Time: 6 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	822kJ	2269kJ
Energy	197kcal	542kcal
Protein	11.1g	30.7g
Carbs	26g	72g
of which sugars	4.3g	11.9g
Fibre	0.9g	2.4g
Fat	5.3g	14.5g
of which saturated	2.8g	7.8g
Sodium	568mg	1569mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
110g	220g	Sourdough Bread
30ml	60ml	Cream Cheese
20g	40g	Chaloner Onion Marmalade
5ml	10ml	Dried Chilli Flakes
2	4	Sliced Pork Ham
10g	20g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Seasoning (salt & pepper)
Water

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

2. LAYER IT UP Smear the cream cheese over the toast. Top with the onion marmalade and sprinkle over the chilli flakes (to taste). Add the ham slices and finish off with the salad leaves and seasoning. Enjoy, Chef!