



uCOOK

Ham, Onion Marmalade & Cheese Ciabatta

with spring onion

Hands-on Time: 3 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	866kJ	1906kJ
Energy	207kcal	456kcal
Protein	10.5g	23.2g
Carbs	27g	59g
of which sugars	7g	15.4g
Fibre	1.6g	3.6g
Fat	6.2g	13.6g
of which saturated	2.3g	5g
Sodium	454mg	999mg

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

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
30g	60g	Chaloner Onion Marmalade
1 unit	2 units	Sliced Pork Ham
30g	60g	Grated Mozzarella Cheese
1	1	Spring Onion <i>rinse & finely chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **SLICE, SMEAR & LAYER** Slice open the roll/s. Smear the onion marmalade over the bottom half of the roll/s. Layer up the ham, the cheese, and the spring onion.
2. **MELT & SAVOUR** Close up the roll/s and warm in the microwave for 30 seconds, or until the cheese melts slightly. Enjoy, Chef!