



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: 2 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

4	White Bread Slices
2 units	Sliced Ham
100g	Grated Cheddar Cheese
40ml	Honey
10ml	Chilli Seasoning
	<i>(5ml Dried Chilli Flakes & 5ml 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