Eat Within 2 Days

Cream Cheese & Olive Marmalade Sarmie

with seeded sourdough bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	826kJ	2072kJ
Energy	197kcal	495kcal
Protein	6g	15g
Carbs	27g	67g
of which sugars	1.7g	4.2g
Fibre	1.1g	2.7g
Fat	7.9g	19.8g
of which saturated	3.9g	9.8g
Sodium	457mg	1148mg

Allergens: Gluten, Wheat, Cow's Milk

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3g	5g	Fresh Basil *rinse & pick*
50g	100g	Cucumber *rinse & slice into rounds*
30g	60g	Chaloner Olive Marmalade
50ml	100ml	Cream Cheese
110g	220g	Sourdough Bread

From Your Kitchen

Seasoning (salt & pepper)
Water

1. WARM BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. SUPERB SARMIE Spread the cream cheese over the slices. Top with the olive marmalade, followed by the cucumber. Finish off your samie with the basil and some seasoning. Lunch is served, Chef!