



uCOOK

Ham, Onion Marmalade & Cheese Ciabatta

with fresh chives

Hands-on Time: 3 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	926kj	1880kj
Energy	221kcal	449kcal
Protein	11.3g	22.9g
Carbs	28g	57g
of which sugars	7.4g	15g
Fibre	4.2g	11.1g
Fat	6.7g	13.5g
of which saturated	2.5g	5.1g
Sodium	491mg	996mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
30g	60g	Chaloner Onion Marmalade
1 unit	2 unit	Sliced Pork Ham
30g	60g	Grated Mozzarella Cheese
3g	5g	Fresh Chives <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 chives.

2. MELT & SAVOUR Close up the roll/s and warm in the microwave for 30 seconds, or until the cheese melts slightly. Enjoy, Chef!