



UCOOK

Ham & Blue Cheese Sarmie

with onion marmalade

Think French onion soup, but in the form of a marmalade, Chef! This decadent spread is smeared on warm slices of health bread and topped with salty ham and crumbly blue cheese. Who said lunch can't be the fanciest meal of the day?

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

6	Health Bread Slices
90g	Onion Marmalade
3 packs	Sliced Pork Ham
60g	Blue Cheese

From Your Kitchen

Salt & Pepper
Water

1. **START THE SARMIE** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **FINISH THE SARMIE** Spread the onion marmalade over one slice of the heated bread. Top with the ham and crumble over the blue cheese. Close with the other slice.

Nutritional Information

Per 100g

Energy	1246kj
Energy	298kcal
Protein	14.5g
Carbs	34g
of which sugars	5.2g
Fibre	3.5g
Fat	13.2g
of which saturated	3g
Sodium	455.6mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
3 Days