



# uCOOK

## Salami & Olive Marmalade Sarmie

with creamy cheddar & crispy salad leaves

**Hands-on Time:** 5 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1296kj	2482kj
Energy	310kcal	593kcal
Protein	13g	24.9g
Carbs	24g	46g
of which sugars	1.5g	2.9g
Fibre	3.3g	11.2g
Fat	18g	34.5g
of which saturated	6.5g	12.5g
Sodium	888mg	1701mg

**Allergens:** Gluten, Wheat, Cow's Milk, Soya

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
15ml	30ml	Chaloner Olive Marmalade
10g	20g	Salad Leaves <i>rinse &amp; roughly shred</i>
1 unit	2 units	Sliced Pork Salami
25g	50g	Grated Cheddar Cheese

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

1. **ON A ROLL** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. **SIMPLE BUT SATISFYING** Smear the marmalade over the bottom half of the roll/s, and top with the salad leaves, the salami, and the cheese. Enjoy!