



UCCOOK

Plum & Ham Ricotta Toast

with green leaves & sourdough bread

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	861kJ	1981kJ
Energy	206kcal	473kcal
Protein	10.9g	25.1g
Carbs	34g	78g
of which sugars	7.1g	16.3g
Fibre	0.9g	2.1g
Fat	3.5g	8g
of which saturated	1.8g	4.2g
Sodium	537mg	1235mg

Allergens: Cow's Milk, Gluten, Wheat, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

6 slices	8 slices	Sourdough Bread
30g	40g	Green Leaves <i>rinse & roughly shred</i>
3 packs	4 packs	Sliced Pork Ham
120g	160g	Ricotta Cheese
60g	80g	Plum Jam

From Your Kitchen

Seasoning (salt & pepper)

Water

Butter (optional)

1. TOASTY BREAD Toast the bread in a toaster. Allow to cool slightly before assembling. Alternatively, heat in a microwave until softened, 15 seconds.

2. ALL THE GOODIES Top the bread slices with the green leaves and the ham. Smear over the ricotta and dollop over the jam.

Chef's Tip Spread the toasted bread with butter before assembling if you have.