



UCOOK

Ham & Mozzarella Ciabatta

with fresh basil

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	947kJ	1753kJ
Energy	226kcal	419kcal
Protein	14.4g	26.6g
Carbs	25g	47g
of which sugars	2.1g	3.9g
Fibre	3.6g	9.8g
Fat	7.4g	13.6g
of which saturated	3.3g	6.2g
Sodium	599mg	1109mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Ciabatta Rolls <i>halve</i>
3 packs	4 packs	Sliced Pork Ham
120g	160g	Grated Mozzarella Cheese
8g	10g	Fresh Basil <i>rinse, pick & gently tear</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SAY 'HAM & CHEESE'! Fill the rolls with the ham and the cheese. Close up and pop in the toasted snackwich machine until golden and crispy. Alternatively, you can heat the sandwich in the microwave until the cheese has melted, 15 seconds. Carefully open the rolls and garnish with the basil. Dig in!