

Eat Within 3 Days

UCOOK

Ham & Tomato Chilli Jam Bagel

with cream cheese

Hands-on Time: 5 minutes

Overall Time: 7 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1098kJ	2712kJ
Energy	262kcal	648kcal
Protein	7.8g	19.2g
Carbs	42g	103g
of which sugars	4.6g	11.3g
Fibre	1.1g	2.7g
Fat	7g	17.2g
of which saturated	2.5g	6.1g
Sodium	466mg	1150mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Kleinsky's Everything Bagel/s
20ml	40ml	Cream Cheese
15ml	30ml	Chaloner Tomato Chilli Jam
1 unit	2 units	Sliced Pork Ham
20g	40g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. WARM BAGEL Halve the bagel/s and heat them in the microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. LAYERS ON LAYERS Spread the cream cheese over the bottom half of the bagel. Top with the Chaloner tomato chilli jam, the ham and the salad leaves. Season, close up and dig in, Chef!