



# UCCOOK

## Salami & Olive Marmalade Sarmie

with mature cheddar & peppery rocket

**Hands-on Time:** 5 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1281kJ	2452kJ
Energy	306kcal	586kcal
Protein	13.8g	26.4g
Carbs	26g	50g
of which sugars	1.7g	3.3g
Fibre	2.4g	4.5g
Fat	16.7g	32g
of which saturated	7.2g	13.8g
Sodium	781mg	1496mg

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

**Spice Level:** None

Eat Within 3 Days

**Ingredients & Prep Actions:**

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

**From Your Kitchen**

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!