



UCOOK

Ham, Goat's Cheese & Jam Sandwich

with green leaves

Listening to your favourite jam on the way to work can put you in a great mood for the workday. The same is true for this rosemary ham, apricot jam, & goat's cheese lunch, nestled in a warm ciabatta roll with fresh greens. Now pump up the volume and enjoy every bite, Chef!

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 2 People

Chef: Hellen Mwanza

*New Lunch

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Ingredients & Prep

2	Ciabatta Square Roll 90g
60ml	Apricot Jam
50g	Chevin Goats Cheese
20g	Green Leaves
	<i>rinse</i>
2 packs	Sliced Pork Rosemary Ham

From Your Kitchen

Salt & Pepper
Water

1. **WARM ROLL** Heat the roll in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **ASSEMBLE** Smear the bottom half of the roll with the jam and the cheese. Top with the rinsed leaves and the ham. Close up and enjoy, Chef!



Chef's Tip

Toast the roll in a sandwich machine if you have one!

Nutritional Information

Per 100g

Energy	938kj
Energy	224kcal
Protein	11.3g
Carbs	34g
of which sugars	9.3g
Fibre	2.7g
Fat	5.2g
of which saturated	2.3g
Sodium	506.4mg

Allergens

Gluten, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days