Eat Within 3 Days

UCOOK

Brie, Biltong & Onion Marmalade Sarmie

with dumpy health bread

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1374kJ	3572kJ
Energy	328kcal	854kcal
Protein	21.5g	56g
Carbs	31g	81g
of which sugars	3.8g	9.9g
Fibre	6.1g	16g
Fat	14.1g	36.7g
of which saturated	3.3g	8.7g
Sodium	536mg	1394mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Dumpy Health Bread
30g	40g	Salad Leaves *rinse*
90g	120g	Brie Cheese *slice lengthways*
150g	200g	Beef Biltong
60g	80g	Chaloner Onion Marmalade

From Your Kitchen

Seasoning (Salt & Pepper)
Water

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

2. BRIE & BILTONG = BRILLIANT! Top one of the bread slices with the salad leaves, the brie cheese, and the biltong. Dollop over the onion marmalade. Close up and tuck in, Chef!