



uCOOK

Salami & Olive Marmalade Sandwich

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	1325kJ	2536kJ
Energy	317kcal	606kcal
Protein	13.2g	25.2g
Carbs	25g	48g
of which sugars	1.6g	3.1g
Fibre	2.2g	4.3g
Fat	18.3g	35.1g
of which saturated	6.7g	12.8g
Sodium	889mg	1703mg

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 & roughly shred</i>
1 pack	2 packs	Sliced Pork 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!