



COOK

Ham & Blue Cheese Sarmie

with onion marmalade

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	1246kJ	3114kJ
Energy	298kcal	744kcal
Protein	13.8g	34.4g
Carbs	34g	86g
of which sugars	5.6g	14g
Fibre	3.5g	11.6g
Fat	13.3g	33.3g
of which saturated	3g	7.5g
Sodium	416mg	1041mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

6 slices	8 slices	Dumpy Health Bread
3 packs	4 packs	Sliced Pork Ham
90g	120g	Chaloner Onion Marmalade
60g	80g	Blue Cheese

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **START THE SARMIE** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **FINISH THE SARMIE** Spread the onion marmalade over one slice of the heated bread. Top with the ham and crumble over the blue cheese. Close with the other slice.