



# UCCOOK

## Plum & Ham Ricotta Toast

with green leaves & sourdough bread

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	861kJ	1981kJ
Energy	206kcal	473kcal
Protein	10.9g	25.1g
Carbs	34g	78g
of which sugars	7.1g	16.3g
Fibre	0.9g	2.1g
Fat	3.5g	8g
of which saturated	1.8g	4.2g
Sodium	537mg	1235mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Sourdough Bread
10g	20g	Green Leaves <i>rinse &amp; roughly shred</i>
1 pack	2 packs	Sliced Pork Ham
40g	80g	Ricotta Cheese
20g	40g	Plum Jam

## From Your Kitchen

Seasoning (salt & pepper)  
Water  
Butter (optional)

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

**2. ALL THE GOODIES** Top the bread slices with the green leaves and the ham. Smear over the ricotta and dollop over the jam.

**Chef's Tip** Spread the toasted bread with butter before assembling if you have.