



UCOOK

Ham, Goat's Cheese & Jam Sandwich

with green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	915kj	1932kj
Energy	219kcal	462kcal
Protein	10.3g	21.8g
Carbs	33g	70g
of which sugars	9.7g	20.5g
Fibre	1.5g	3.1g
Fat	5.1g	10.8g
of which saturated	2.2g	4.5g
Sodium	459mg	968mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
30ml	60ml	Apricot Jam
25g	50g	Chevin Goat's Cheese
10g	20g	Salad Leaves <i>rinse</i>
1 unit	2 units	Sliced Pork Ham

From Your Kitchen

Salt & Pepper

Water

1. **WARM ROLL** Heat the roll/s in a microwave until softened, 15 seconds. Alternatively, toast in a sandwich machine. Allow to cool slightly before assembling.

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