



# UCOOK

## Rosemary Ham & Cheese Sandwich

with sun-dried tomato pesto

The classic ham & cheese sarmie gets a UCOOK twist with warm ciabatta, Emmental cheese, & rosemary-infused ham — all brought together by a honey mustard mayo. Mmm!

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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\*New Lunch

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Ingredients & Prep

4	Ciabatta Rolls
2 units	Honey Mustard Mayo
120g	Grated Emmental Cheese
80g	Green Leaves
	<i>rinse</i>
4 packs	Sliced Pork Ham

From Your Kitchen

Salt & Pepper  
Water

1. **WARM CIABATTA** Heat the roll in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **BUILD YOUR SARMIE** Spread the roll with the mayo. Fill with the cheese, the rinsed green leaves, and the ham. Close up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	1052kj
Energy	252kcal
Protein	11.2g
Carbs	37g
of which sugars	18.4g
Fibre	1.3g
Fat	6g
of which saturated	3g
Sodium	425mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Soy, Cow's Milk

Eat  
Within  
3 Days