



UCCOOK

Ham & Tomato Chilli Jam Bagel

with cream cheese

If you've never tried tomato chilli jam, you're in for a taste treat, Chef! Spread on top of smooth cream cheese, this spicy number elevates the salty pork ham and crisp greens. Served on a Kleinsky Plain Bagel for an extra special lunch experience.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jenna Peoples

Lunch

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Ingredients & Prep

1	Kleinsky's Plain Bagel
20ml	Cream Cheese
15ml	Tomato Chilli Jam
1 pack	Sliced Pork Ham
20g	Salad Leaves
	<i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **WARM BAGEL** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **LAYERS ON LAYERS** Spread the cream cheese over the bottom half of the bagel. Top with the tomato chilli jam, the hickory ham and the salad leaves. Season, close up and dig in, Chef!

Nutritional Information

Per 100g

Energy	1098kj
Energy	262kcal
Protein	7.1g
Carbs	42g
of which sugars	4.9g
Fibre	1.8g
Fat	7.1g
of which saturated	2.5g
Sodium	426mg

Allergens

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

Eat
Within
3 Days