



COOK

Ham & Emmental Cheese Roll

with sun-dried tomato pesto & salad leaves

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1048kJ	2504kJ
Energy	250kcal	598kcal
Protein	11.6g	27.6g
Carbs	21g	50g
of which sugars	0.8g	1.8g
Fibre	2.4g	5.2g
Fat	12.9g	30.9g
of which saturated	5.3g	12.6g
Sodium	485.1mg	1159.1mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Portuguese Rolls
60ml	80ml	Pesto Princess Sun-dried Tomato Pesto
60ml	80ml	Crème Fraîche
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3 units	4 units	Sliced Pork Ham
90g	120g	Emmental Cheese <i>slice</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **ON A ROLL** Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **CREAMY PESTO** In a bowl, combine the pesto, the crème fraîche, and seasoning.
3. **TOP, CLOSE, TASTE** Spread the rolls with the creamy pesto. Top with the salad leaves, the ham, and the cheese. Quick and easy, Chef!