

# U COOK



## Plum & Ham Ricotta Toast

with green leaves & sourdough bread

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	869kJ	2085kJ
Energy	208kcal	498kcal
Protein	9.7g	23.4g
Carbs	35.5g	85.2g
of which sugars	10.1g	24.2g
Fibre	2.5g	10.2g
Fat	3.5g	8.5g
of which saturated	1.8g	4.2g
Sodium	473.4mg	1136.2mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

6 slices 8 slices Sourdough Bread

30g 40g Green Leaves  
*rinse & roughly shred*

3 packs 4 packs Sliced Pork Ham

120g 160g Ricotta Cheese

90g 120g Plum Jam

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

**2. SAVOURY & SWEET** Top the bread slices with the green leaves and the ham. Smear over the ricotta and dollop over the jam.

## From Your Kitchen

Seasoning (Salt & Pepper)

Water