



UCCOOK

Ham & Peach Sandwich

with green leaves & health bread

At UCCOOK, we're all about fabulous and unexpected flavour combinations, Chef! Like salty pork ham with juicy, sweet peach slices, layered with fresh greens, creamy mayo & nestled between warm slices of health bread.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 3 People

Chef: Jenna Peoples

*New Lunch

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Ingredients & Prep

6 slices	Health Bread
90ml	Mayo
60g	Green Lettuce <i>rinse</i>
3 packs	Sliced Pork Ham
1	Pea <i>rinse & slice 1½ into thin wedges</i>

From Your Kitchen

Salt & Pepper
Water

1. BEGIN THE BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. LAYER IT UP! Allow the bread to cool slightly. Spread the mayo over one of the bread slices. Layer up the rinsed leaves, the ham and the peach slices. Season, close up the sandwich and enjoy, Chef!

Nutritional Information

Per 100g

Energy	913kj
Energy	218kcal
Protein	8.3g
Carbs	24g
of which sugars	4.8g
Fibre	4.8g
Fat	11.2g
of which saturated	1.2g
Sodium	243mg

Allergens

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

Eat
Within
2 Days