



# UCOOK

## Ham & Blue Cheese Sarmie

with onion marmalade

Think French onion soup, but in the form of a marmalade, Chef! This decadent spread is smeared on warm slices of health bread and topped with salty ham and crumbly blue cheese. Who said lunch can't be the fanciest meal of the day?

---

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

---

**Serves:** 1 Person

---

**Chef:** Jemimah Smith

---

\*New Lunch

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

|        |                     |
|--------|---------------------|
| 2      | Health Bread Slices |
| 30g    | Onion Marmalade     |
| 1 pack | Sliced Pork Ham     |
| 20g    | Blue Cheese         |

From Your Kitchen

Salt & Pepper  
Water

1. **START THE SARMIE** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **FINISH THE SARMIE** Spread the onion marmalade over one slice of the heated bread. Top with the ham and crumble over the blue cheese. Close with the other slice.

Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 1246kj  |
| Energy             | 298kcal |
| Protein            | 14.5g   |
| Carbs              | 34g     |
| of which sugars    | 5.2g    |
| Fibre              | 3.5g    |
| Fat                | 13.2g   |
| of which saturated | 3g      |
| Sodium             | 455.6mg |

Allergens

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

Eat  
Within  
3 Days