



# UCOOK

## Brie, Biltong & Onion Marmalade Sarmie

with dumpy health bread

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1385kj	3530kj
Energy	331kcal	844kcal
Protein	22g	56g
Carbs	31g	79g
of which sugars	3.2g	8.2g
Fibre	6.3g	16g
Fat	14.3g	36.4g
of which saturated	3.4g	8.7g
Sodium	545mg	1391mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

---

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Dumpy Health Bread
10g	20g	Salad Leaves
30g	60g	Brie Cheese
50g	100g	Beef Biltong
15g	30g	Chaloner Onion Marmalade

## From Your Kitchen

---

Seasoning (Salt & Pepper)

Water

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

2. **BRIE & BILTONG = BRILLIANT!** Top one of the bread slices with the salad leaves, the brie cheese, and the biltong. Dollop over the onion marmalade. Close up and tuck in, Chef!