Eat Within 2 Days

UCOOK

Plum & Ham Ricotta Toast

with green leaves & sourdough 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	869kJ	2085kJ
Energy	208kcal	498kcal
Protein	10.5g	25.1g
Carbs	35g	85g
of which sugars	9.7g	23.3g
Fibre	4.2g	19.1g
Fat	3.3g	8g
of which saturated	1.8g	4.2g
Sodium	514.5mg	1234.7mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
10g	20g	Green Leaves *rinse & roughly shred*
1	2	Sliced Pork Ham
40g	80g	Ricotta Cheese
30g	60g	Plum Jam

From Your Kitchen

Seasoning (salt & pepper)
Water

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 slice/s with the green leaves and the ham. Smear over the ricotta and dollop over the jam.