



UCOOK

Ham & Emmental Cheese Roll

with sun-dried tomato pesto & salad leaves

You've been craving something all day but can't put your finger on what that is. Wonder no more, because it's this rosemary ham, emmental cheese, fresh greens, and Pesto Princess Sun-dried Tomato Pesto-sauce on a milk roll. You're welcome, Chef!

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

2	Milk Rolls
20ml	Pesto Princess Sun-dried Tomato Pesto
20ml	Crème Fraîche
20g	Salad Leaves <i>rinse & roughly shred</i>
1 pack	Sliced Rosemary Ham
30g	Emmental <i>slice</i>

From Your Kitchen

Salt & Pepper
Water

1. ON A ROLL Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. CREAMY PESTO In a bowl, combine the pesto, the crème fraîche, and seasoning.

3. TOP, CLOSE, TASTE Spread the rolls with the creamy pesto. Top with the rinsed shredded salad leaves, the ham, and the cheese slices. Quick and easy, Chef!

Nutritional Information

Per 100g

Energy	1038kJ
Energy	248kcal
Protein	10.9g
Carbs	25g
of which sugars	0.7g
Fibre	3.7g
Fat	11.2g
of which saturated	4.4g
Sodium	473.6mg

Allergens

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

Eat
Within
4 Days