



UCCOOK

Brie & Ham Open Sandwich

with balsamic reduction

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	989kj	2083kj
Energy	237kcal	499kcal
Protein	11.6g	24.4g
Carbs	32g	68g
of which sugars	6.2g	13.1g
Fibre	6.7g	19.3g
Fat	6.1g	12.8g
of which saturated	2.9g	6.1g
Sodium	488mg	1027mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
30g	60g	Brie Cheese <i>slice</i>
1 pack	2 packs	Sliced Pork Ham
10g	20g	Salad Leaves <i>rinse</i>
10ml	20ml	Balsamic Reduction

From Your Kitchen

Seasoning (salt & pepper)

Water

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

2. **BRIE & HAM COMBO** Top each half of the toasted bread slices with the brie, the ham, and the leaves. Drizzle over the reduction, and enjoy.