



Cheese and Caramelised Onion Seeded Roll with Rocket and Tomato

Lunch 5 Minutes

N° 4A



Cheddar Cheese



Medium Tomato



Multigrain Baton Roll



Onion Marmalade



Rocket



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Knife, Cutting Board.

Ingredients

	Quantity
Cheddar Cheese 7) **	45g
Medium Tomato	1
Multigrain Baton Roll 13)	1
Onion Marmalade	20g
Rocket**	20g
Mayonnaise 8) 9)	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	159g	100g
Energy (kJ/kcal)	1357 / 324	856 / 204
Fat (g)	16	10
Sat. Fat (g)	6	4
Carbohydrate (g)	36	23
Sugars (g)	10	7
Protein (g)	12	7
Salt (g)	1.41	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Quick Prep

- Thinly slice the **cheese**.
- Thinly slice the **tomato**.
- Slice the **multigrain baton roll** in half lengthways.

Roll Up, Roll Up

- Spread the **onion marmalade** onto the bottom half of the **roll**.
- Top with the **rocket** (use as much or as little as you like).
- Lay the **tomato** on top, then the **cheese**.

Finish and Eat

- Spread the **mayo** over the top half of the **roll** (use as much as you would like).
- Sandwich together and tuck in.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.