

Cheese and Caramelised Onion Roll

with Rocket and Tomato

5 Minutes









Cheddar Cheese









Seeded Roll

Onion Marmalade





Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Knife, Cutting Board, Bowl, Container.

Ingredients

| | Quantity | |
|---------------------|----------|--|
| Cheddar Cheese 7)** | 45g | |
| Medium Tomato | 1 | |
| Seeded 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) | 1322/316 | 834 /199 |
| Fat (g) | 16 | 10 |
| Sat. Fat (g) | 6 | 4 |
| Carbohydrate (g) | 33 | 21 |
| Sugars (g) | 8 | 5 |
| Protein (g) | 12 | 7 |
| Salt (g) | 1.40 | 0.88 |
| | | |

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

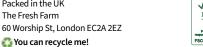
Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Quick Prep

- a) Thinly slice the cheese.
- b) Thinly slice the tomato.
- c) Slice the seeded roll in half lengthways.



Roll Up, Roll Up

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



Finish and Eat

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

Enjoy!



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.