



Cheese and Caramelised Onion Roll with Rocket and Tomato

Lunch 5 Minutes

4A



Cheddar Cheese



Medium Tomato



Seeded 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:

Cutting Board and Knife.

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) | 1334 /319 | 842 /201 |
| 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 | 0.89 |

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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 You can recycle me!



1



2



3



Quick Prep

- Thinly slice the **cheese**.
- Thinly slice the **tomato**.
- Slice the **seeded 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!