



Cheese, Onion and Sun-Dried Tomato Panini with Chips and Balsamic Dressed Tomato & Rocket Salad

Classic 30-35 Minutes • Veggie

20



Potatoes



Medium Tomato



Balsamic Glaze



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese



Mature Cheddar
Cheese



Ciabatta



Onion Marmalade



Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, grater, frying pan and spatula.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Medium Tomato	1	2	2
Balsamic Glaze 14)	12ml	18ml	24ml
Sun-Dried Tomato Paste	25g	38g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Mature Cheddar Cheese** 7)	90g	135g	180g
Ciabatta 13)	2	3	4
Onion Marmalade	20g	30g	40g
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 495g	Per 100g 100g
Energy (kJ/kcal)	3274 /782	661 /158
Fat (g)	36.6	7.4
Sat. Fat (g)	13.4	2.7
Carbohydrate (g)	91.4	18.5
Sugars (g)	12.5	2.5
Protein (g)	27.1	5.5
Salt (g)	2.66	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Build your Panini

Halve the **ciabattas** and spread the **sun-dried tomato mixture** onto the cut sides.

Spread the **onion marmalade** over the **ciabatta bases**, then top with the **grated cheese**. Season with **salt** and **pepper**.

Sandwich shut with the **ciabatta lids**, firmly pressing the ingredients inside.



Prep Time

Meanwhile, cut the **tomato** into 1cm chunks. Add to a medium bowl with the **balsamic glaze** and **olive oil for the dressing** (see pantry for amount).

Season with **salt** and **pepper**, mix well and set aside.



Time to Toast

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in your **panini**, pressing down with a spatula or heavy-bottomed pan.

Cook, pressing occasionally, until the **bread** is golden, 2-3 mins on each side. Lower the heat if necessary.

Once toasted, transfer to a medium baking tray and bake on the middle shelf of your oven for 6-7 mins.



Get Cheesy

In another small bowl, combine the **sun-dried tomato paste**, **grated hard Italian style cheese** and **mayo** (see pantry for amount).

Grate the **Cheddar cheese**.



Finish and Serve

When everything's ready, toss the **rocket** with the **tomatoes**.

Once your **panini** are cool enough to handle, cut diagonally into halves.

Share the **panini** and **chips** between your plates. Serve the **tomato salad** alongside.

Enjoy!