



Deli Style Smoked Ham, Chorizo and Cheddar Roll with Rocket and Mayo

4A

Lunch 5 Minutes



Seeded Roll



Mature Cheddar
Cheese



Smoked Ham
Slices



Chorizo



Rocket



Mayonnaise

Pantry Items
Butter

Before you start

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

Cooking tools

Cutting board and knife.

Ingredients

Ingredients	Quantity
Seeded Roll 13)	1
Mature Cheddar Cheese** 7)	30g
Smoked Ham Slices**	2 slices
Chorizo**	50g
Rocket**	20g
Mayonnaise 8) 9)	1 sachet

Pantry	Quantity
Butter*	10g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3131 /748	1110 /265
Fat (g)	43.6	15.5
Sat. Fat (g)	8.5	3.0
Carbohydrate (g)	51.4	18.2
Sugars (g)	5.3	1.9
Protein (g)	40.0	14.2
Salt (g)	5.65	2.01

Nutrition for uncooked ingredients based on 1 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten

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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1



2



3



Quick Prep

a) Slice the **seeded roll** in half lengthways.

b) Thinly slice the **cheese**.

On a Roll

a) Spread the **butter** (see pantry for amount) onto the bottom **half** of the **roll** (or don't butter it if you'd prefer!).

b) Top with the **smoked ham slices**, then the **chorizo slices**.

c) Lay the **cheese slices** on top.

Finish and Eat

a) Add the **rocket** on top of the **cheese**.

b) Spread the **mayonnaise** on the top **half** of the **roll**.

c) Sandwich together and tuck in. Alternatively, wrap up and keep in the fridge until ready to eat.

Enjoy!