



# Goat's Cheese and Rocket Seeded Roll with Apple Chutney and Walnut Mayonnaise

Lunch 5 Minutes

4A



Seeded Roll



Walnuts



Mayonnaise



Goat's Cheese



Rocket



Apple Chutney

## Before you start

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

## Cooking tools

Bowl and container.

## Ingredients

Ingredients	Quantity
Seeded Roll <b>13</b> )	1
Walnuts <b>2</b> )	20g
Mayonnaise <b>8</b> ) <b>9</b> )	1 sachet
Goat's Cheese** <b>7</b> )	75g
Rocket**	20g
Apple Chutney	1 pot

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	134g	100g
Energy (kJ/kcal)	1541/368	1154/276
Fat (g)	22.8	17.1
Sat. Fat (g)	6.9	5.2
Carbohydrate (g)	31.4	23.5
Sugars (g)	7.3	5.4
Protein (g)	12.2	9.1
Salt (g)	1.44	1.08

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

**2)** Nuts **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



## Get Prepped

a) Cut the **seeded roll** in half.

b) Roughly chop the **walnuts**.

## Bring on the Walnut Mayo

a) Pop the **walnuts** and **mayonnaise** into a small bowl.

b) Mix together well.

## Layer Up

a) Spread the **walnut mayonnaise** on the **base** of the **roll**.

b) Top with the **goat's cheese** and a handful of **rocket**.

c) Spread the **apple chutney** on the **lid** of the **roll** and sandwich together.

d) If you're eating straight away, pop your **roll** on a plate and dig in. If you're eating later, pop it into a container and store in your fridge.

Enjoy!