



Goat's Cheese & Rocket Pretzel Roll with Walnut Mayonnaise

Lunch 5 Minutes

4A



Pretzel Roll



Walnuts



Mayonnaise



Goat's Cheese



Apple Chutney



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Knife, Cutting Board.

Ingredients

	Quantity
Pretzel Roll 13)	1
Walnuts 2)	20g
Mayonnaise 8) 9)**	1 sachet
Goat's Cheese 7)**	75g
Apple Chutney	1 pot
Rocket**	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	124g	100g
Energy (kJ/kcal)	1460 /349	1182 /283
Fat (g)	22	18
Sat. Fat (g)	8	6
Carbohydrate (g)	27	22
Sugars (g)	7	6
Protein (g)	12	9
Salt (g)	1.29	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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



Prep It

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

b) Lightly crush the **walnuts**.

Mix It

a) Pop the **walnuts** into a small bowl along with the **mayonnaise**.

b) Mix well.

Make It

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

b) Top with the **goat's cheese** (see ingredients for amount).

c) Spread the **apple chutney** on the **lid** of the **pretzel roll**.

d) Pop the **rocket** on top of the **goat's cheese** and top with the **lid**.

Enjoy!

There may be changes to ingredients in recipes:

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.