



# Mature Cheddar Cheese & Caramelised Onion Roll with Rocket and Tomato

4A

Lunch 5 Minutes • Veggie



Mature 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!  
Wash your hands before and after prep.

## Cooking tools

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
<b>for uncooked ingredient</b>	<b>154g</b>	<b>100g</b>
Energy (kJ/kcal)	1274/304	830/198
Fat (g)	15	10
Sat. Fat (g)	6	4
Carbohydrate (g)	31	20
Sugars (g)	8	5
Protein (g)	11	7
Salt (g)	1.34	0.87

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 13) 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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 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!