



# Smoked Ham and Double Gloucester Roll with Onion Marmalade and Tomato

4A

Lunch 5 Minutes



Seeded Roll



Double Gloucester



Medium Tomato



Unsalted Butter



Smoked Ham Slices



Onion Marmalade

## 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

Ingredients	Quantity
Seeded Roll <b>13)</b>	1
Double Gloucester** <b>7)</b>	30g
Medium Tomato	1
Unsalted Butter** <b>7)</b>	10g
Smoked Ham Slices**	2 slices
Onion Marmalade	20g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>280g</b>	<b>100g</b>
Energy (kJ/kcal)	2471 /591	883 /211
Fat (g)	27.9	10.0
Sat. Fat (g)	13.3	4.7
Carbohydrate (g)	59.8	21.4
Sugars (g)	14.1	5.1
Protein (g)	27.9	10.0
Salt (g)	2.88	1.03

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

7) Milk 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

- Slice the **seeded roll** in half lengthways.
- Thinly slice the **Double Gloucester cheese**.
- Thinly slice the **tomato**.

## On a Roll

- Spread the **butter** onto the bottom **half** of the **roll** (use as much as you like).
- Top with the **smoked ham slices**, then the **cheese**.
- Lay the **tomato** on top.

## Finish and Eat

- Spread the **onion marmalade** on the top **half** of the **roll**.
- Sandwich together and tuck in (or wrap up and keep in the fridge until ready to eat).

Enjoy!