



# Welsh Rarebit Style Open Grilled Sandwich with Wholegrain Mustard and Chives

Lunch 5 Minutes • Veggie

4A



Ciabatta



Mature Cheddar  
Cheese



Double Gloucester



Cream Cheese



Wholegrain Mustard



Rocket

## Before you start

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

## Cooking tools

Baking tray and bowl.

## Ingredients

	Quantity
Ciabatta <b>13</b> )	1
Mature Cheddar Cheese** <b>7</b> )	30g
Double Gloucester** <b>7</b> )	30g
Cream Cheese** <b>7</b> )	50g
Wholegrain Mustard <b>9</b> )	17g
Rocket**	20g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	237g	100g
Energy (kJ/kcal)	2524/603	1065/254
Fat (g)	37.71	15.9
Sat. Fat (g)	21.1	8.9
Carbohydrate (g)	42.6	18.0
Sugars (g)	3.3	1.4
Protein (g)	25.2	10.7
Salt (g)	2.85	1.20

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

7) Milk 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



## Grill the Ciabatta

- Preheat your grill to high.
- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
- Grill until lightly toasted, 2-3 mins.

## Mix the Rarebit Topping

- Meanwhile, grate the **Cheddar** and **Double Gloucester** into a bowl.
- Add in the **cream cheese** and **wholegrain mustard**, then season with **salt** and **pepper**.
- Mix together until well combined.

## Time for Lunch

- Once the **ciabatta** is toasted, remove from the grill and spread the **rarebit mixture** over each half.
- Pop back under the grill until golden and bubbling, 4-5 mins.
- Slide onto your plate and top with a handful of **rocket** to finish.

Enjoy!