



Smoked Ham & Cheddar Cheese Seeded Roll with Honey Mustard Mayo

14A

Lunch 5 Minutes



Mature Cheddar
Cheese



Seeded Roll



Mayonnaise



Wholegrain Mustard



Honey



Smoked Ham Slices

Before you start

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

Cooking tools

Chopping board, knife and bowl.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	60g
Seeded Roll 13)	2
Mayonnaise 8) 9)	64g
Wholegrain Mustard 9)	25g
Honey	30g
Smoked Ham Slices**	4 slices

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	240g 2581/617	100g 1076/257
Fat (g)	29.2	12.2
Sat. Fat (g)	8.6	3.6
Carbohydrate (g)	63.6	26.5
Sugars (g)	17.8	7.4
Protein (g)	29.1	12.1
Salt (g)	3.87	1.61

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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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The Fresh Farm

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1



2



3



Get Prepped

a) Thinly slice the **Cheddar cheese** lengthways.

b) Slice the **seeded roll** in half lengthways.

Honey Mustard Mayo Time

a) In a small bowl, mix together the **mayo**, **wholegrain mustard** and **honey**.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Spread the **honey mustard mayo** over the **base** and **lid** of each **roll**.

Layer Up for Lunch

a) Lay the **cheese slices** on the **base** of each **roll**, then top with the **ham** and sandwich on the **lids**.

b) If you're eating straight away, pop your **sandwiches** on a plate and dig in.

c) If you're eating later, pop them into a container and store in your fridge.

Enjoy!