



Ploughman's Cheddar Multigrain Baguette with Onion Marmalade and Tomato

Lunch 15-20 Minutes • 1 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



SlooOW Rustic Multigrain Baguette



Mature Cheddar Cheese



Medium Tomato



Onion Marmalade



Wild Rocket



Mayonnaise

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	Quantity
SlooOW Rustic Multigrain Baguette 3) 11) 13)	1
Mature Cheddar Cheese** 7)	80g
Medium Tomato	2
Onion Marmalade	40g
Wild Rocket**	40g
Mayonnaise 8) 9)	64g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	247g	100g
Energy (kJ/kcal)	1602/383	649/155
Fat (g)	24.4	9.9
Sat. Fat (g)	9.7	3.9
Carbohydrate (g)	27.0	10.9
Sugars (g)	12.5	5.1
Protein (g)	14.4	5.8
Salt (g)	1.58	0.64

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

Allergens

3) Sesame **7)** Milk **8)** Egg **9)** Mustard **11)** Soya
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, cereals containing 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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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



2



3



Bake the Baguette

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Remove the **bread** from the packaging and pop onto a baking tray. Bake until toasted and golden, 10-12 mins.

c) Meanwhile, thinly slice the **cheese** and **tomatoes**.

d) Once baked, allow the **baguette** to cool for 5 mins.

Layer Up

a) Once the **baguette** has cooled slightly, slice it in half lengthways.

b) Spread the **onion marmalade** onto the **base** of the **baguette**.

c) Top with the **rocket**.

d) Lay the **tomato** on top, then the **cheese**.

Lunch is Served

a) Spread the **mayo** over the **lid** of the **baguette**.

b) Sandwich on the **baguette lid**, slice in half widthways and share between 2 plates.

Enjoy!