



Welsh Rarebit Style Open Grilled Sandwich

with Baby Plum and Rocket Side Salad

Lunch 10-15 Minutes • 1 of your 5 a day • Veggie

28A

Find all your unchilled Market items in bag A.



Ciabatta



Mature Cheddar Cheese



Cream Cheese



Wholegrain Mustard



Baby Plum Tomatoes



Wild Rocket



Crispy Onions

Pantry Items

Olive Oil, Salt, Pepper

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, grater and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	120g
Cream Cheese** 7)	100g
Wholegrain Mustard 9)	17g
Baby Plum Tomatoes	125g
Wild Rocket**	40g
Crispy Onions 13)	1 sachet

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	303g 2858 /683	100g 945 /226
Fat (g)	44.2	14.6
Sat. Fat (g)	23.5	7.8
Carbohydrate (g)	47.1	15.6
Sugars (g)	5.8	1.9
Protein (g)	26.1	8.6
Salt (g)	2.70	0.89

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

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, 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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2



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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** into a medium bowl.
- Add in the **cream cheese** and **wholegrain mustard**, then season with **salt** and **pepper**.
- Mix together until well combined.
- Once the **ciabatta** are toasted, remove from the grill and spread the **rarebit topping** over each **ciabatta half**. Pop back under the grill until golden and bubbling, 4-5 mins.

Make the Salad

- Meanwhile, quarter the **baby plum tomatoes**.
- In a medium bowl, toss together the **baby plum tomatoes**, **rocket** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.
- Once grilled, carefully slide the **Welsh Rarebit style sandwiches** onto 2 serving plates and sprinkle over the **crispy onions**.
- Share the **rocket** and **baby plum tomato salad** alongside to finish.

Enjoy!