



Cheesy Rarebit Style Dip & Ciabatta Dunkers

with Onion Marmalade and Chives

Special Sides 25-30 Minutes • Veggie

4A

Find all your unchilled Market items in bag A.



Ciabatta



Mature Cheddar Cheese



Chives



Garlic Clove



Creme Fraiche



Dijon Mustard



Onion Marmalade

Pantry Items
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, garlic press, saucepan and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	90g
Chives**	1 bunch
Garlic Clove**	1
Crema Fraiche** 7)	150g
Dijon Mustard 9) 14)	10g
Onion Marmalade	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	236g / 656	100g / 1165 / 279
Fat (g)	42.9	18.2
Sat. Fat (g)	25.0	10.6
Carbohydrate (g)	51.6	21.9
Sugars (g)	9.5	4.0
Protein (g)	20.3	8.6
Salt (g)	2.10	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 **14)** Sulphites

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. Be careful when adding water to hot pans while cooking.

Contact

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1



Make the Ciabatta Dunkers

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

b) Halve the **ciabatta**, then chop the **ciabatta halves** into 1cm wide batons. Place on a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat well.

c) When the oven is hot, bake the **ciabatta** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

2



Make the Rarebit Dip

a) Meanwhile, grate the **cheese**. Finely chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).

b) In a medium saucepan, mix together the **creme fraiche**, **garlic**, **Dijon mustard** (add less if you'd prefer), **cheese** and **three quarters** of the **chives**. Season with **salt** and **pepper**.

c) Pop the pan on medium heat and stir until the **cheese** has melted and the **mixture** is hot and well combined, 2-3 mins.

3



Dip, Dip, Hooray

a) Transfer the **rarebit dip** to your serving bowl, swirl over the **onion marmalade**, then scatter over the remaining **chives**.

b) Serve with the **ciabatta dunkers** alongside for dipping and scooping.

Enjoy!