



Ploughman's Cheddar Baguette with Onion Marmalade and Tomato

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

28A

Find all your unchilled Market items in bag A.



SlooOW Stone Oven White Baguette



Mature Cheddar Cheese



Baby Plum Tomatoes



Onion Marmalade



Wild Rocket



Mayonnaise

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.

Ingredients

Ingredients	Quantity
SlooOW Stone Oven White Baguette 3) 11) 13)	1
Mature Cheddar Cheese** 7)	80g
Baby Plum Tomatoes	250g
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	262g	100g
Energy (kJ/kcal)	1591/380	607/145
Fat (g)	24.0	9.2
Sat. Fat (g)	9.6	3.7
Carbohydrate (g)	27.1	10.3
Sugars (g)	13.6	5.2
Protein (g)	14.1	5.4
Salt (g)	1.58	0.60

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

Contact

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1



2



3



Into the Oven

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 quarter the **baby plum tomatoes**.

d) Once baked, allow the **baguette** to cool for 5 mins, then slice in half lengthways.

Roll Up, Roll Up

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

b) Top with the **rocket** (use as much or as little as you like).

c) Lay the **tomato pieces** on top of the **rocket**, then the **cheese**.

Lunch is Served

a) Spread the **mayo** over the **lid** of the **baguette** (use as much as you'd like).

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

Enjoy!