



# Peanut Butter & Red Berry Compote Ciabatta with Pumpkin Seeds

Breakfast 5-10 Minutes • Veggie

9A

Find all your unchilled  
Market items in bag A.



Ciabatta



Peanut Butter



Red Berry Compote



Pumpkin Seeds

## 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
Ciabatta**** <b>13</b>	2
Peanut Butter <b>1</b>	60g
Red Berry Compote	70g
Pumpkin Seeds	15g

\*Not Included \*\*Store in the Fridge \*\*\*\* Please use the ciabatta within 2 days from the delivery day.

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>163g</b>	<b>100g</b>
Energy (kJ/kcal)	1990 /476	1224 /293
Fat (g)	22.3	13.7
Sat. Fat (g)	3.7	2.3
Carbohydrate (g)	54.2	33.4
Sugars (g)	10.8	6.6
Protein (g)	17.5	10.8
Salt (g)	0.93	0.57

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

## Allergens

**1) Peanut 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, mollusc, 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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## Toast the Ciabatta

**a)** If you don't have a toaster, preheat your grill to high.

**b)** Halve the **ciabatta**.

**c)** Toast the **ciabatta** in your toaster until golden. Alternatively, grill until golden, 2-3 mins.

2



## Bring on the PB & J

**a)** Once toasted, spread the **peanut butter** over both **halves** of your **ciabatta**.

**b)** Dollop over the **red berry compote** and swirl it into the **peanut butter** using your knife.

3



## Breakfast is Served

**a)** Share between 2 serving plates.

**b)** Scatter over the **pumpkin seeds** to finish.

Enjoy!