



# Pick 'n' Mix Lunch | Ham and Cheese Sandwiches

## Chocolate Chip Cookies, Apples, Blueberries and Peanut Butter Dip

**Kid Friendly** 15-20 Minutes • 1 of your 5 a day

14A

Find all your unchilled Market items in bag A.



Chocolate Chip Cookie Mix



Peanut Butter



Cream Cheese



Apple



Ciabatta



Mature Cheddar Cheese



Smoked Ham Slices



Blueberries

### Pantry Items

Honey, 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, baking paper and bowl.

## Ingredients

Ingredients	Quantity
Chocolate Chip Cookie Mix <b>7) 8) 11) 13)</b>	1 pack
Peanut Butter <b>1)</b>	60g
Cream Cheese** <b>7)</b>	100g
Apple**	2
Ciabatta <b>13)</b>	2
Mature Cheddar Cheese** <b>7)</b>	40g
Smoked Ham Slices**	4 slices
Blueberries**	125g

Pantry	Quantity
Water*	2 tbsp
Honey*	1 tbsp
Mayonnaise*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per 100g
for uncooked ingredient	100g
Energy (kJ/kcal)	1030 /246
Fat (g)	12.8
Sat. Fat (g)	4.9
Carbohydrate (g)	25.6
Sugars (g)	13.2
Protein (g)	7.7
Salt (g)	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **7)** Milk **8)** Egg **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, 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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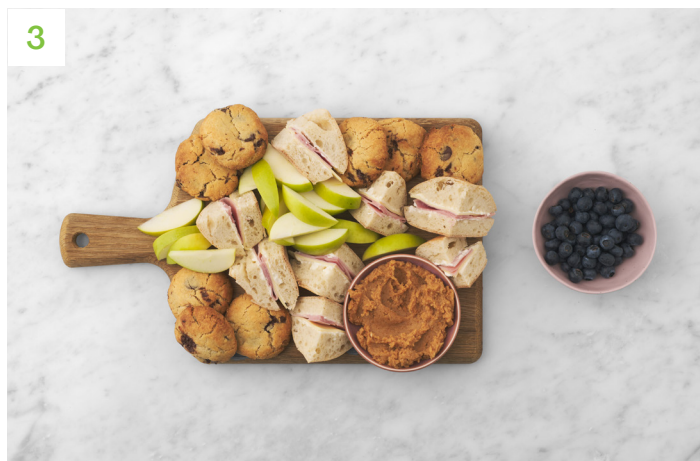
1



2



3



## Choc Chip Cookie Time

**a)** Preheat your oven to 190°C/170°C fan/gas mark 5. Line a baking tray with baking paper.

**b)** In a medium bowl, combine the **cookie mix** and **water** (see pantry for amount). Mix until you have a stiff **dough**.

**c)** Spoon heaped teaspoons of the **dough** onto your baking tray, leaving generous gaps between them. You should make **6-8 cookies**.

**d)** Bake until golden, 10-12 mins (or leave in a little longer for extra crunch).

## Make the Peanut Butter Dip

**a)** Meanwhile, combine in a small bowl the **peanut butter**, **cream cheese** and **honey** (see pantry for amount).

**b)** Quarter, core and slice the **apples** (no need to peel).

## Prep the Sandwiches and Serve

**a)** Halve the **ciabatta** and thinly slice the **cheese**, then spread the **mayo** (see pantry for amount) over the **lids** and **bases** of the **ciabatta**.

**b)** Divide the **smoked ham** and **cheese slices** over each **ciabatta base**, then sandwich on the **ciabatta lids**.

**c)** Cut each **sandwich** into 4 equal triangles.

**d)** Serve the **sandwiches** on a sharing platter alongside your **cookies**, **apple slices** and **blueberries**, with the **peanut butter dip** for dipping.

Enjoy!