



Crispy Bacon, Tomato & Onion Marmalade Roll with Rocket and Mayo

14A

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



Streaky Bacon



Medium Tomato



Seeded Roll



Mayonnaise



Onion Marmalade



Rocket

Pantry Items
Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, kitchen paper, chopping board and knife.

Ingredients

Ingredients	Quantity
Streaky Bacon**	8 rashers
Medium Tomato	2
Seeded Roll 13)	2
Mayonnaise 8) 9)	64g
Onion Marmalade	40g
Rocket**	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	332g	100g
Energy (kJ/kcal)	2500 / 598	753 / 180
Fat (g)	29.7	8.9
Sat. Fat (g)	7.2	2.2
Carbohydrate (g)	62.4	18.8
Sugars (g)	15.9	4.8
Protein (g)	21.8	6.6
Salt (g)	3.78	1.14

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

Allergens

8) Egg 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, 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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Packed in the UK

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1



2



3



Cook the Bacon

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side.
- Once cooked, transfer to a plate lined with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Quick Prep

- While the **bacon** cooks, thinly slice the **tomatoes**.
- Halve the **seeded rolls** lengthways.

Layer Up for Lunch

- Spread as much **mayo** as you'd like over the **base** of each **roll**.
- Repeat with the **onion marmalade** on the **top halves**.
- Layer the **bacon**, **tomato slices** and **rocket** inside your **rolls**, then sandwich together.

Enjoy!