



Ham and Cheese Crumpets

with Smoked Ham and Cheddar Cheese

Breakfast 5-10 Minutes

3A



Mature Cheddar
Cheese



Smoked Ham
Slices



Crumpet



Unsalted Butter

Before you start

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

Cooking tools

Grater, bowl and baking tray.

Ingredients

	Quantity
Mature Cheddar Cheese** 7)	60g
Smoked Ham Slices**	2 slices
Crumpet 13)	2
Unsalted Butter** 7)	10g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	230g	100g
Energy (kJ/kcal)	2412 /577	1049 /251
Fat (g)	31.3	13.6
Sat. Fat (g)	19.2	8.4
Carbohydrate (g)	40.0	17.4
Sugars (g)	2.2	1.0
Protein (g)	32.3	14.0
Salt (g)	3.31	1.44

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

7) Milk 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

The Fresh Farm

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Prep the Cheese and Ham

- Grate the **Cheddar**.
- Slice the **ham** into 1cm pieces.
- Mix the **ham** and **cheese** together in a small bowl.

Crumpet Time

- Preheat your grill to high.
- Toast your **crumpets** in your toaster to your liking.
- When ready, spread the **butter** evenly over the **hot crumpets**.

Get Grilling

- Pop the **buttered crumpets** onto a baking tray.
- Top each with the **ham and cheese mixture**, then grill until the **cheese** is melted and bubbling, 3-4 mins.
- Transfer to your plates and tuck in.

Enjoy!