



Mozzarella and Tomato Roll with Pesto and Rocket

Lunch 5 Minutes

4A



Medium Tomato



Mozzarella



Seeded Roll



Fresh Pesto



Rocket

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Knife, chopping board and bowl.

Ingredients

Ingredients	Quantity
Medium Tomato	1
Mozzarella** 7)	1 ball
Seeded Roll 13)	1
Fresh Pesto** 7)	32g
Rocket**	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2958 / 707	857 / 205
Fat (g)	40.6	11.8
Sat. Fat (g)	17.3	5.0
Carbohydrate (g)	54.5	15.8
Sugars (g)	7.9	2.3
Protein (g)	31.7	9.2
Salt (g)	2.82	0.82

Nutrition for uncooked ingredients based on 1 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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1



2



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Quick Prep

- Thinly slice the **tomato**.
- Drain and thinly slice the **mozzarella**.

Ready to Roll

- Halve the **seeded roll** lengthways.
- In a small bowl, stir together the **fresh pesto** and **rocket**.
- Lay the **pesto rocket** on the bottom **half** of the **roll**.

Time for Lunch

- Top the **rocket** with the **sliced tomato**.
- Lay the **mozzarella** on top.
- Sandwich on the top **half** of the **roll** and tuck in. **TIP:** If you have any leftover ingredients, serve them on the side as a small salad if you'd like.

Enjoy!