



# Serrano Ham, Harissa and Rocket Ciabatta with Cheddar Cheese

4A

Lunch 5 Minutes



Mature Cheddar  
Cheese



Harissa Paste



Ciabatta



Rocket



Serrano Ham

Pantry Items  
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

Grater and bowl.

## Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	40g
Harissa Paste	½ sachet
Ciabatta 13)	1
Rocket**	10g
Serrano Ham**	2 slices

Pantry	Quantity
Mayonnaise*	1 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	195g 2157/516	100g 1106/264
Fat (g)	26.7	13.7
Sat. Fat (g)	10.3	5.3
Carbohydrate (g)	43.1	22.1
Sugars (g)	3.5	1.8
Protein (g)	28.1	14.4
Salt (g)	3.88	1.99

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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60 Worship St, London EC2A 2EZ

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1



2



3



## Get Prepped

a) Grate the **cheese**.

b) In a small bowl, mix the **mayo** with the **harissa paste** (see pantry and ingredients for both amounts). **TIP:** It's just as delicious without the mayo if you like a bit of pep!

## Ciabatta Time

a) Halve the **ciabatta**.

b) Toast in your toaster or under the grill until golden. **TIP:** You can leave the ciabatta untoasted if you'd prefer a softer sandwich.

## Layer Up for Lunch

a) Spread the **harissa mayo** over the cut sides of the **ciabatta** - as much as you'd like.

b) Top with the **Cheddar**.

c) Layer with some **rocket** (see ingredients for amount) and **Serrano ham**, then sandwich together.

Enjoy!