



Welsh Rarebit Style Open Grilled Sandwich with Wholegrain Mustard and Rocket

Lunch 5-10 Minutes • Veggie

4A



Ciabatta



Mature Cheddar
Cheese



Cream Cheese



Wholegrain Mustard



Rocket

Pantry Items
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

Baking tray, grater and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	135g
Cream Cheese** 7)	100g
Wholegrain Mustard 9)	25g
Rocket**	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	240g 2633/629	100g 1096/262
Fat (g)	39.9	16.6
Sat. Fat (g)	22.8	9.5
Carbohydrate (g)	42.2	17.5
Sugars (g)	3.2	1.3
Protein (g)	27.5	11.4
Salt (g)	2.91	1.21

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

Allergens

7) Milk **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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2



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Grill the Ciabatta

- Preheat your grill to high.
- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
- Grill until lightly toasted, 2-3 mins.

Mix the Rarebit Topping

- Meanwhile, grate the **Cheddar** into a bowl.
- Add in the **cream cheese** and **wholegrain mustard**, then season with **salt** and **pepper**.
- Mix together until well combined.

Time for Lunch

- Once the **ciabatta** is toasted, remove from the grill and spread the **rarebit topping** over each **ciabatta half**.
- Pop back under the grill until golden and bubbling, 4-5 mins.
- Slide onto your plates and top with a handful of **rocket** to finish.

Enjoy!