



# Ham and Cheese Bagel

Serves 2

Lunch 15 – 20 mins



Sliced Ham



Bagels



Mustard



Grated Cheese



Tomato

Pantry Items: Salt, Pepper



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2024-W43

## Before you start

Our fruit, veg and herbs need a wash before you use them!  
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Ingredients

|               | Quantity |
|---------------|----------|
| Sliced Ham    | 80 g     |
| Bagels        | 2 units  |
| Mustard       | 1 sachet |
| Grated Cheese | 50 g     |
| Tomato        | 1 unit   |

## Nutrition

|                                 | Per serving            | Per 100g                |
|---------------------------------|------------------------|-------------------------|
| <b>for uncooked ingredients</b> | <b>200.5 g</b>         | <b>100 g</b>            |
| Energy (kJ/kcal)                | 1912.1 kJ/<br>457 kcal | 953.7 kJ/<br>227.9 kcal |
| Fat (g)                         | 14.7 g                 | 7.3 g                   |
| Sat. Fat (g)                    | 6.9 g                  | 3.4 g                   |
| Carbohydrate (g)                | 46.7 g                 | 23.3 g                  |
| Sugars (g)                      | 7.5 g                  | 3.7 g                   |
| Protein (g)                     | 27.2 g                 | 13.6 g                  |
| Salt (g)                        | 2.6 g                  | 1.3 g                   |

Nutrition for uncooked ingredients.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

## Contact

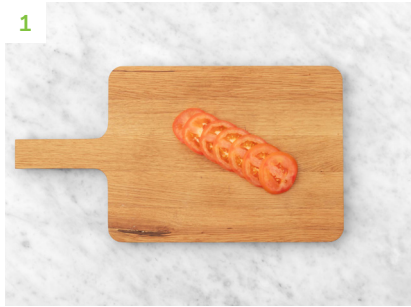
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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Thinly slice the **tomato**.

**TIP:** To avoid turning on your oven, toast the bagels in the toaster instead.

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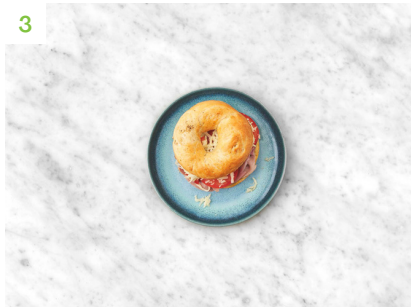


## Warm the Bagels

- Halve the **bagels** (1 per person, you can save the rest for use later).
- Toast in your toaster.
- Once toasted, pop the **bagels** onto plates and spread **mustard** over the cut side of each **half**.

**TIP:** Alternatively, toast the bagels in the oven for 4-6 mins.

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## Finish and Serve

- Pull the **ham** apart into large pieces and layer on top of the **mustard**.
- Top with the **tomato** slices and **grated cheese**.
- Enjoy your **bagels** either open-faced or sandwiched closed—it's up to you!

## Enjoy!