



Chicory Ham & Cheese

Get warm and cosy with chicory ham & cheese with Alpro Soya Wholebean

Preparation

1. Pre-heat a grill.
2. Cut each chicory head in two, remove the hard inner part and sprinkle with a dash of lemon juice. Place the halved chicory heads into boiling water and boil for about 5 minutes until tender. Drain and dry the leaves.
3. Melt the sunflower or vegetable spread in a heavy pan and add the flour, stirring until nice and smooth paste forms (about 1-2 minutes). Remove from the heat and add, little by little, the Alpro Soya Wholebean, stirring well after each addition. Continue until all the Alpro Soya Wholebean has been used up and you have a smooth sauce. Stir until you get a smooth sauce. Place back on a gentle heat, and bring to simmer stirring continuously until it thickens and coats the back of the wooden spoon. Remove from the heat and season with a pinch of salt, pepper and nutmeg.
4. Wrap the ham slices around the chicory halves to create a roll and arrange them in a baking dish. Pour over the sauce and sprinkle with the grated cheese.
4. Put the chicory dish under the grill for 10 minutes, until you have a nice brown crust. Top with the chopped parsley. Perfect!


4 portions


30min



Ingredients

- 4 heads chicory
- Dash of lemon juice
- 50g sunflower or other vegetable spread
- 50g plain flour
- 750ml Alpro Soya Wholebean Drink
- Freshly ground pepper
- Pinch salt
- Pinch nutmeg
- 4 slices cooked lean ham, all visible fat removed
- 50g grated cheddar-type cheese
- 2 tbsp chopped fresh flat-leaf parsley

Made with

Soya Unsweetened Chilled

