

## Plum Tomato and Rocket Muffin

Serves 1

Preparation time: 2 minutes

Cook time: 3 minutes

Total time: 5 minutes

### Ingredients:

1 plain muffin  
2 plum tomatoes  
30g (1 ½ oz Philadelphia Extra Light  
A little rocket

Freshly ground black pepper for extra  
kick (optional)



### Method:

- 1 Split the muffin in half, horizontally and toast until lightly brown.
- 2 Slice the tomatoes.
- 3 Spread the Extra Light Philadelphia onto the toasted muffin and top with the sliced tomatoes and rocket.

### Nutritional value per serving:

Calories: 1002kJ / 239kcal

Protein: 13.4g

Carbohydrate: 39.79g

Of which Sugars: 6.4g,

Fat: 4.59g,

Of which Saturated fat: 2g

Sodium\*: 0.5g

\*Equivalent as Salt : 1.25g

Fibre (Englyst): 2.7g