

**Ham and tomato crumpets : a tasty snack in 2 ticks ... : Change4life /  
[produced by COI for the Department of Health].**

**Contributors**

Great Britain. Department of Health.  
Great Britain. Central Office of Information.

**Publication/Creation**

[London?] : [Dept. of Health], 2010.

**Persistent URL**

<https://wellcomecollection.org/works/kw2jp6fq>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



## ham and tomato crumpets



**A tasty snack in 2 ticks**

**Serves: 4**

**Preparation time: 5 minutes**

**Cooking time: 5 minutes**

**Rough cost for recipe: £1.04**

**change**  
**4 life**

Eat well Move more Live longer



## ham and tomato crumpets

### WHAT YOU NEED

- 4 crumpets
- 4 teaspoons tomato puree
- 4 slices wafer-thin ham
- 2 tomatoes, thinly sliced



### WHAT YOU DO

**STEP 1** Lightly toast the crumpets on both sides, either under the grill or in the toaster on a low setting.

**STEP 2** Spread a teaspoon of tomato puree over the top of each crumpet.

**STEP 3** Trim any extra fat off the ham, and add 1 slice to each crumpet. Arrange the sliced tomato on top.

**STEP 4** Grill for 2 or 3 minutes to warm through, and serve straightaway.

**SWAP TIP** Try using English muffins instead of crumpets for a change - you'll only need 2 of them, sliced in half.

