



UCCOOK

Pastrami Bagel

with gherkins & mustard mayo

Are you a foodie that loves scrolling through TikTok? Then you've probably seen the viral chopped bagel trend, which is bringing bagels back in the spotlight - where they belong! So enjoy an on-trend lunch with salty pastrami, briny gherkins & mustard-mayo smear on a warm bagel today, Chef!

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 4 People

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

4	Kleinskys Everything Bagels
120ml	Mustard Mayo <i>(80ml Mayo & 40ml Dijon Mustard)</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
4 units	Sliced Beef Pastrami
80g	Gherkins <i>drain & slice</i>

From Your Kitchen

Water
Seasoning (salt & pepper)

1. GRAB THE BAGEL Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. SMEAR, TOP, SAVOUR Smear the mustard mayo over the bagel. Top with the rinsed salad leaves, the pastrami, and the sliced gherkins. Season and close up. YUM, Chef!

Nutritional Information

Per 100g

Energy	1155kJ
Energy	276kcal
Protein	7.3g
Carbs	39g
of which sugars	2g
Fibre	2g
Fat	10.2g
of which saturated	1.2g
Sodium	553mg

Allergens

Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
3 Days