



UCOOK

Beef Pastrami Reuben Salad

with horseradish mayo

Created almost 100 years ago in the Big Apple, the Reuben sandwich has stood the test of time. We've put a modern spin on this sarmie by deconstructing it into a salad. Don't worry, all the favourites are there: crispy croutons, salty beef pastrami, a horseradish mayo, briny gherkins & cubes of salty, creamy cheese.

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Serves: 4 People

Chef: Jemimah Smith

*New Lunch

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

80g	Salad Leaves <i>rinse & roughly shred</i>
120g	Gherkins <i>drain & slice</i>
120g	Mozzarella Cheese <i>cut into cubes</i>
200g	Cucumber <i>rinse & cut into half-moons</i>
120g	Croutons
4 units	Sliced Beef Pastrami <i>roughly chop</i>
200ml	Horseradish Mayo <i>(60ml Horseradish Sauce & 140ml Mayo)</i>

From Your Kitchen

Salt & Pepper
Water

1. SENSATIONAL SALAD In a bowl, combine the shredded leaves, the sliced gherkins, the cubed cheese, the cucumber half-moons, the croutons, the chopped pastrami, and the horseradish mayo. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	815kj
Energy	195kcal
Protein	8.4g
Carbs	13g
of which sugars	3g
Fibre	1.2g
Fat	12.3g
of which saturated	2.9g
Sodium	468mg

Allergens

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

Eat
Within
3 Days