

QCOOK

Feta & Salami Open Sandwich

with tomato & creamy mustard

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	1005kJ	3438kJ
Energy	240kcal	822kcal
Protein	9.8g	33.5g
Carbs	18g	60g
of which sugars	1.9g	6.4g
Fibre	1.4g	5.5g
Fat	15.5g	53.2g
of which saturated	5.4g	18.5g
Sodium	463mg	1584mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Health Bread
25ml	50ml	Creamy Mustard <i>(20ml [40ml] Crème Fraîche & 5ml [10ml] Wholegrain Mustard)</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & thinly slice</i>
1	2	Sliced Pork Salami <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **WARM, SOFT BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling. In a bowl, mash together the creamy mustard and the feta.

2. **TAKE A BITE OF THIS!** Spread the creamy mustard and feta mix over the bread slices. Top with the salad leaves, the tomato, and the salami. Season and dig in, Chef!