



uCOOK

Reuben-Style Beef Pastrami Salad

with horseradish mayo

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	904kJ	2032kJ
Energy	216kcal	486kcal
Protein	9.2g	20.8g
Carbs	13g	29g
of which sugars	4.9g	11.1g
Fibre	3.7g	19.2g
Fat	14.2g	31.8g
of which saturated	3.4g	7.6g
Sodium	538mg	1209.5mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30g	60g	Gherkins <i>drain & slice</i>
30g	60g	Mozzarella Cheese <i>cut into cubes</i>
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Croutons
1 unit	2 units	Sliced Beef Pastrami <i>roughly chop</i>
50ml	100ml	Horseradish Mayo <i>(15ml [30ml] Horseradish Sauce & 35ml [70ml] Mayo)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SENSATIONAL SALAD In a bowl, combine the green leaves, the gherkins, the cheese, the peppers, the croutons, and the pastrami. Drizzle over the horseradish mayo. Enjoy, Chef!