



uCOOK

Beef Pastrami Reuben Salad

with horseradish mayo

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	815kJ	2158kJ
Energy	195kcal	516kcal
Protein	8.4g	22.2g
Carbs	13g	34g
of which sugars	3g	8g
Fibre	4.5g	16.8g
Fat	12.3g	32.5g
of which saturated	2.9g	7.8g
Sodium	467.6mg	1238.2mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
90g	120g	Gherkins <i>drain & slice</i>
90g	120g	Mozzarella Cheese <i>cut into cubes</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Croutons
3 units	4 units	Sliced Beef Pastrami <i>roughly chop</i>
150ml	200ml	Horseradish Mayo <i>(45ml [60ml] Horseradish Sauce & 105ml [140ml] Mayo)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SENSATIONAL SALAD In a bowl, combine the salad leaves, the gherkins, the cheese, the cucumber, the croutons, the pastrami, and the horseradish mayo. Enjoy, Chef!