



UCCOOK

Pastrami Bagel

with gherkins & mustard mayo

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 1155kj | 2923kj |
| Energy | 276kcal | 699kcal |
| Protein | 7.3g | 18.5g |
| Carbs | 39g | 98g |
| of which sugars | 2g | 5g |
| Fibre | 2.4g | 6.8g |
| Fat | 10.2g | 25.7g |
| of which saturated | 1.2g | 3.1g |
| Sodium | 553mg | 1398mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 3 | 4 | Everything Bagels |
| 90ml | 120ml | Mustard Mayo <i>(60ml [80ml] Mayo & 30ml [40ml] Dijon Mustard)</i> |
| 30g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 3 packs | 4 packs | Sliced Beef Pastrami |
| 60g | 80g | Gherkins <i>drain & slice</i> |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

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 bagels. Top with the salad leaves, pastrami, and the gherkins. Season and close up. YUM, Chef!