



U COOK

Plum Jam & Pork Salami Sandwich

with sourdough bread & cream cheese

Hands-on Time: 6 minutes

Overall Time: 6 minutes

Lunch: Serves 1 & 2

Chef: Caitlin Swanepoel

Nutritional Info	Per 100g	Per Portion
Energy	1189kJ	2688kJ
Energy	284kcal	642kcal
Protein	10.4g	23.4g
Carbs	34g	77g
of which sugars	7.6g	17.2g
Fibre	3.4g	15.7g
Fat	12.7g	28.6g
of which saturated	5.8g	13g
Sodium	760mg	1717mg

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

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
20g	40g	Plum Jam
5ml	10ml	Dried Chilli Flakes
30ml	60ml	Cream Cheese
1 unit	2 units	Sliced Pork Salami
10g	20g	Green Leaves <i>rinse & finely shred</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **SPICY JAM** In a bowl, combine the jam with the chilli flakes (to taste).
3. **ASSEMBLE & ADMIRE** Lay down the slices of bread and smear evenly with the cream cheese. Top one halve with the chilli-plum jam, the salami, and the green leaves. Close up with the remaining slice of bread. Cut in half before serving.