



# UCCOOK

## Pastrami Bagel

with gherkins & mustard mayo

Are you a foodie that loves scrolling through TikTok? Then you've probably seen the viral chopped bagel trend, which is bringing bagels back in the spotlight - where they belong! So enjoy an on-trend lunch with salty pastrami, briny gherkins & mustard-mayo smear on a warm bagel today, Chef!

---

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

---

**Serves:** 3 People

---

**Chef:** Samantha du Toit

---

Lunch

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

### Ingredients & Prep

3	Kleinskys Everything Bagels
90ml	Mustard Mayo <i>(60ml Mayo &amp; 30ml Dijon Mustard)</i>
30g	Salad Leaves <i>rinse &amp; roughly shred</i>
3 units	Sliced Beef Pastrami
60g	Gherkins <i>drain &amp; slice</i>

### From Your Kitchen

Water  
Seasoning (salt & pepper)

**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 bagel. Top with the rinsed salad leaves, the pastrami, and the sliced gherkins. Season and close up. YUM, Chef!

### Nutritional Information

Per 100g

Energy	1155kj
Energy	276kcal
Protein	7.3g
Carbs	39g
of which sugars	2g
Fibre	2g
Fat	10.2g
of which saturated	1.2g
Sodium	553mg

### Allergens

Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
3 Days