



# UCOOK

## Beef Pastrami Reuben Salad

with horseradish mayo

Created almost 100 years ago in the Big Apple, the Reuben sandwich has stood the test of time. We've put a modern spin on this sarmie by deconstructing it into a salad. Don't worry, all the favourites are there: crispy croutons, salty beef pastrami, a horseradish mayo, briny gherkins & cubes of salty, creamy cheese.

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**Hands-on Time:** 12 minutes

**Overall Time:** 12 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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\*New Lunch

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Ingredients & Prep

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

From Your Kitchen

Salt & Pepper  
Water

**1. SENSATIONAL SALAD** In a bowl, combine the shredded leaves, the sliced gherkins, the cubed cheese, the cucumber half-moons, the croutons, the chopped pastrami, and the horseradish mayo. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	815kj
Energy	195kcal
Protein	8.4g
Carbs	13g
of which sugars	3g
Fibre	1.2g
Fat	12.3g
of which saturated	2.9g
Sodium	468mg

Allergens

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

Eat  
Within  
3 Days