



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 276kcal	2923kJ 699kcal
Protein	7.3g	18.5g
Carbs	39g	98g
of which sugars	2g	5g
Fibre	2g	5g
Fat	10.2g	25.7g
of which saturated	1.2g	3.1g
Sodium	553mg	1398mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

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

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!

From Your Kitchen

Water

Seasoning (salt & pepper)