



# 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              | 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:

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Serves 3 [\[Serves 4\]](#)

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

## From Your Kitchen

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