



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.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

40g	Salad Leaves <i>rinse & roughly shred</i>
60g	Gherkins <i>drain & slice</i>
60g	Mozzarella Cheese <i>cut into cubes</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
60g	Croutons
2 units	Sliced Beef Pastrami <i>roughly chop</i>
100ml	Horseradish Mayo <i>(30ml Horseradish Sauce & 70ml 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