

U COOK



Eat Within 2 Days

Chorizo & Red Pepper Hummus Roll

with plum tomato

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	586.8kJ	1819.2kJ
Energy	140.4kcal	435.1kcal
Protein	6.3g	19.5g
Carbs	18.3g	56.7g
of which sugars	1.3g	4g
Fibre	1.2g	3.6g
Fat	4.5g	14g
of which saturated	1.2g	3.7g
Sodium	338.3mg	1048.6mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	2	Portuguese Roll/s
50ml	100ml	Red Pepper Hummus
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & slice into rounds</i>
30g	60g	Sliced Pork Chorizo

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. ON A ROLL Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. MAKE THE CHORIZO SHINE Smear the top and bottom half on the heated roll/s with the hummus. Place the green leaves, tomato, and the chorizo onto the bottom half of the roll/s. Close up and enjoy.