



U/C COOK

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

Eat Within 2 Days

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.