



# UCOOK

## Sun-dried Tomato Chorizo Open Sandwich

with sour cream

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	1102kj	2203kj
Energy	264kcal	527kcal
Protein	12.4g	24.8g
Carbs	32g	63g
of which sugars	3.7g	7.3g
Fibre	1.7g	3.4g
Fat	10.7g	21.4g
of which saturated	3.4g	6.9g
Sodium	578mg	1156mg

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

**Spice Level:** Moderate

Eat Within 1 Day

## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
110g	220g	Sourdough Rye Bread
20ml	40ml	Sour Cream
20g	40g	Sun-dried Tomatoes <i>drain</i>
50g	100g	Sliced Pork Chorizo

## From Your Kitchen

---

Seasoning (salt & pepper)

Water

1. **WARM BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **SIMPLE YET SO SATISFYING** Smear each slice of toast with the sour cream. Top each slice with the sun-dried tomatoes and chorizo.