



WCOOK

German-Style Salami Sandwich

with salad leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1200kJ	3155kJ
Energy	287kcal	755kcal
Protein	8.1g	21.4g
Carbs	25g	67g
of which sugars	3.2g	8.4g
Fibre	1.8g	4.7g
Fat	17.3g	45.5g
of which saturated	3.3g	8.8g
Sodium	735mg	1934mg

Allergens: Cow's Milk, Gluten, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
50ml	100ml	Mustard Mayo (40ml [80ml] Mayo & 10ml [20ml] Dijon Mustard)
10g	20g	Salad Leaves rinse
1 pack	2 packs	Sliced Pork Salami
40g	80g	Sauerkraut

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **SALAMI SARMIE** Smear the mustard mayo on each slice of toast. Top one slice with the salad leaves, the salami, and the sauerkraut. Close up the sandwich and enjoy!