



# UCCOOK

## Pastrami & Chilli Roll

with cottage cheese

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jenna Peoples

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 784kJ    | 1565kJ      |
| Energy             | 187kcal  | 374kcal     |
| Protein            | 11g      | 21.8g       |
| Carbs              | 29g      | 57g         |
| of which sugars    | 5.2g     | 10.4g       |
| Fibre              | 0.5g     | 1g          |
| Fat                | 3.1g     | 6.3g        |
| of which saturated | 0.8g     | 1.5g        |
| Sodium             | 547mg    | 1091mg      |

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

**Spice Level:** Hot

Eat Within 2 Days

**Ingredients & Prep Actions:**

| Serves 1 | [Serves 2] |                            |
|----------|------------|----------------------------|
| 1        | 2          | Portuguese Roll/s          |
| 30ml     | 60ml       | Low Fat Cottage Cheese     |
| 15g      | 30g        | Chaloner Tomato Chilli Jam |
| 1 pack   | 2 packs    | Sliced Beef Pastrami       |
| 10g      | 20g        | Salad Leaves               |
|          |            | <i>rinse</i>               |

**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. **YUM!** Spread the cottage cheese over the bottom half of the roll and the tomato jam over the top half of the roll. Place the pastrami in the roll, topped with the salad leaves. Season, close up the roll and dig in, Chef!