



UCOOK

Beef Pastrami & Olive Sandwich

with sourdough bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	867.7kJ	1761.4kJ
Energy	207.7kcal	421.7kcal
Protein	9.8g	20g
Carbs	29g	58.8g
of which sugars	1.2g	2.5g
Fibre	1.1g	2.3g
Fat	5.3g	10.7g
of which saturated	0.5g	1.1g
Sodium	628.9mg	1276.7mg

Allergens: Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Salad Leaves <i>rinse</i>
2 slices	4 slices	Sourdough Rye Bread
30ml	60ml	Chaloner Olive Marmalade
1 pack	2 packs	Sliced Beef Pastrami

From Your Kitchen

Butter (optional)
Water
Seasoning (Salt & Pepper)

1. **WARM BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **MMMARMALADE** Spread some butter over the bread (optional). Spread the olive marmalade over 1 **[2]** bread slice/s. Top with the pastrami and the salad leaves. Close with the remaining bread slice/s. Enjoy, Chef!