



uCOOK

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	882kJ	2465kJ
Energy	211kcal	590kcal
Protein	9.2g	25.6g
Carbs	23g	65g
of which sugars	1.8g	5.1g
Fibre	2.1g	5.2g
Fat	7.4g	20.6g
of which saturated	3.1g	8.8g
Sodium	196.5mg	549.1mg

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	Green 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 green leaves. Season, close up the roll and dig in, Chef!