



UCOOK

Italian Pork Salami Melt

with mixed olives

Need a flavour pick-me-up but drowning in emails? Here's your quick & tasty solution: a warmed ciabatta roll is filled with melted cheese, salty Italian salami, briny olives, creamy feta & fresh greens. Take a bite and feel on top of the corporate world again, Chef!

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

1	Ciabatta Roll
1 pack	Sliced Italian Salami
40g	Mozzarella Cheese <i>slice</i>
20g	Mixed Olives <i>(10g Pitted Kalamata Olives & 10g Pitted Green Olives)</i>
10g	Green Leaves <i>rinse</i>

From Your Kitchen

Salt & Pepper
Water

1. ON A ROLL Halve the roll and fill with the salami and cheese slices. Heat the filled roll in a microwave until softened and the cheese is melted, 15 seconds. Allow to cool slightly.

2. SALAMI SARMIE Drain the mixed olives. Top the melted cheese and the salami with the rinsed green leaves and the drained olives. Close up and take a bite, Chef!

Nutritional Information

Per 100g

Energy	1194kj
Energy	285kcal
Protein	12.8g
Carbs	22g
of which sugars	2.1g
Fibre	2.2g
Fat	16.2g
of which saturated	6.1g
Sodium	850mg

Allergens

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

Eat
Within
3 Days