



UCCOOK

Feta & Salami Open Sandwich

with tomato & creamy mustard

When you're feta-p with boring work lunches, this open sandwich will make you look forward to your lunch break again, Chef! Warm health bread is covered in a creamy mustard & smashed feta spread, then topped with fresh greens, tangy slices of tomato & salty salami.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

2 slices	Health Bread
25ml	Creamy Mustard <i>(20ml Crème Fraîche & 5ml Wholegrain Mustard)</i>
30g	Danish-style Feta <i>drain</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & thinly slice</i>
1 pack	Sliced Pork Salami <i>roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. WARM, SOFT BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling. In a bowl, mash together the creamy mustard and the drained feta.

2. TAKE A BITE OF THIS! Spread the bread with the creamy mustard & feta mix. Top with the shredded salad leaves, the tomato slices, and the chopped salami. Season and dig in, Chef!

Nutritional Information

Per 100g

Energy	1061kJ
Energy	254kcal
Protein	10.2g
Carbs	21g
of which sugars	1.9g
Fibre	4.6g
Fat	15.6g
of which saturated	5g
Sodium	444mg

Allergens

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

Eat
Within
3 Days