



# UCCOOK

## Artichoke, Salami & Cheese Sandwich

with fresh basil

A warm ciabatta roll, crispy on the outside and fluffy on the inside, is layered with slices of mozzarella, salty salami, & artichoke. Finished with peppery fresh basil for a sarmie that guarantees envious looks from your colleagues.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 2 People

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**Chef:** Jenna Peoples

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\*New Lunch

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### Ingredients & Prep

|         |                                                       |
|---------|-------------------------------------------------------|
| 2       | Ciabatta Rolls                                        |
| 60g     | Mozzarella Cheese<br><i>slice</i>                     |
| 2 packs | Sliced Pork Salami                                    |
| 80g     | Artichoke Quarters<br><i>drain &amp; roughly chop</i> |
| 10g     | Fresh Basil<br><i>rinse &amp; roughly chop</i>        |

### From Your Kitchen

Salt & Pepper  
Water

**1. ON A ROLL** Cut the rolls in half and toast in the toaster. Allow to cool slightly before assembling. Alternatively, heat the roll in the microwave for 15 seconds before slicing.

**2. SUPERB SARMIE** Layer the sliced mozzarella, the salami and the chopped artichokes. Top with the chopped basil. Close up and enjoy, Chef.

### Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 1088kj  |
| Energy             | 260kcal |
| Protein            | 11.7g   |
| Carbs              | 23g     |
| of which sugars    | 2g      |
| Fibre              | 1.9g    |
| Fat                | 13.7g   |
| of which saturated | 5.2g    |
| Sodium             | 760mg   |

### Allergens

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

Eat  
Within  
3 Days