



UCCOOK

Pastrami & Chilli Sourdough Toast

with cream cheese

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	945kj	2061kj
Energy	226kcal	493kcal
Protein	10.9g	23.8g
Carbs	34g	73g
of which sugars	5.6g	12.2g
Fibre	1.2g	2.6g
Fat	5.5g	12g
of which saturated	3.2g	7g
Sodium	650mg	1418mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
30ml	60ml	Cream Cheese
15g	30g	Chaloner Tomato Chilli Jam
1 pack	2 packs	Sliced Beef Pastrami
10g	20g	Salad Leaves <i>rinse</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. BEGIN THE BREAD Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. FINISH WITH FLAVOUR Spread the cottage cheese over the slices of toast, topped with the tomato jam. Top with the pastrami and the salad leaves. Season and dig in, Chef!