

Eat Within 3 Days

QCOOK

Reuben-Style Beef Pastrami Salad

with horseradish mayo

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	667kJ	1265kJ
Energy	159kcal	303kcal
Protein	10.8g	20.4g
Carbs	13g	24g
of which sugars	3.8g	7.2g
Fibre	1.6g	4.4g
Fat	6.9g	13.2g
of which saturated	3.3g	6.2g
Sodium	566mg	1074mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves *rinse & roughly shred*
90g	120g	Gherkins *drain & slice*
90g	120g	Mozzarella Cheese *cut into cubes*
60g	80g	Piquanté Peppers *drain*
60g	80g	Croutons
3 units	4 units	Sliced Beef Pastrami *roughly chop*
150ml	200ml	Horseradish Mayo *(45ml [60ml] Horseradish Sauce & 105ml [140ml] Mayo)*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SENSATIONAL SALAD In a bowl, combine the green leaves, the gherkins, the cheese, the peppers, the croutons, and the pastrami. Drizzle over the horseradish mayo. Enjoy, Chef!