

# U COOK



Eat Within 2 Days

## Chorizo & Red Pepper Hummus Roll

with plum tomato

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 586.8kJ   | 1819.2kJ    |
| Energy             | 140.4kcal | 435.1kcal   |
| Protein            | 6.3g      | 19.5g       |
| Carbs              | 18.3g     | 56.7g       |
| of which sugars    | 1.3g      | 4g          |
| Fibre              | 1.2g      | 3.6g        |
| Fat                | 4.5g      | 14g         |
| of which saturated | 1.2g      | 3.7g        |
| Sodium             | 338.3mg   | 1048.6mg    |

**Allergens:** Sulphites, Egg, Gluten, Sesame, Wheat, Cow's Milk, Alcohol, Allium

**Spice Level:** Mild

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

|      |       |                                                  |
|------|-------|--------------------------------------------------|
| 1    | 2     | Portuguese Roll/s                                |
| 50ml | 100ml | Red Pepper Hummus                                |
| 20g  | 40g   | Green Leaves<br><i>rinse &amp; roughly shred</i> |
| 1    | 1     | Tomato<br><i>rinse &amp; slice into rounds</i>   |
| 30g  | 60g   | Sliced Pork Chorizo                              |

## From Your Kitchen

Seasoning (Salt & Pepper)

Water

**1. ON A ROLL** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

**2. MAKE THE CHORIZO SHINE** Smear the top and bottom half on the heated roll/s with the hummus. Place the green leaves, tomato, and the chorizo onto the bottom half of the roll/s. Close up and enjoy.