



uCOOK

Pastrami Wrap & Chipotle Mayo

with gherkins & Danish-style feta

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	794kJ	1755kJ
Energy	190kcal	420kcal
Protein	9.1g	20.1g
Carbs	15g	33g
of which sugars	1.6g	3.4g
Fibre	1.4g	3.2g
Fat	10.4g	23g
of which saturated	3.6g	8g
Sodium	654mg	1446mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
30ml	60ml	Hellmann's Tangy Mayonnaise
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
40g	80g	Green Leaves <i>rinse</i>
1 pack	2 packs	Sliced Beef Pastrami
20g	40g	Gherkins <i>drain & roughly slice</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **WARM TORTILLA** Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, for 15 seconds.

2. **IT'S TIME TO EAT** Combine the mayo with the chipotle (to taste). Spread one half of the tortilla/s with chipotle mayo, top with the green leaves, the beef pastrami, the gherkins, and crumble over the feta. Wrap it up and enjoy!