

# QCOOK

## Wasabi Turkey Sandwich

with rye bread

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 788kj    | 3030kj      |
| Energy             | 189kcal  | 725kcal     |
| Protein            | 6.2g     | 24g         |
| Carbs              | 22g      | 86g         |
| of which sugars    | 3.6g     | 13.8g       |
| Fibre              | 2.7g     | 10.3g       |
| Fat                | 8.8g     | 33.7g       |
| of which saturated | 0.5g     | 2g          |
| Sodium             | 369mg    | 1419mg      |

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

**Spice Level:** Mild



Eat Within 2 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 2        | 4          | 50% Rye Bread Slices                           |
| 50ml     | 100ml      | Mayo   |
| 7,5ml    | 15ml       | Wasabi Powder                                  |
| 1        | 1          | Tomato<br><i>rinse &amp; slice into rounds</i> |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                   |
| 1 pack   | 2 packs    | Sliced Smoked Turkey                           |

## From Your Kitchen

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Seasoning (salt & pepper)

Water

**1. TIME TO TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. In a small bowl, combine the mayo and the wasabi powder (to taste).

**2. WASABI. UMAMI!** Spread the wasabi mayo over the bread. Top with the tomato, the green leaves, and the turkey. Close up the sandwich before slicing through the middle. Dig in!