

U COOK



Salami & Artichoke Sandwich

with dried oregano & chilli oil

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1178.5kJ	2473.6kJ
Energy	282.1kcal	592kcal
Protein	9.7g	20.3g
Carbs	28.3g	59.4g
of which sugars	1.4g	2.9g
Fibre	2.2g	4.6g
Fat	14.3g	30.1g
of which saturated	3.7g	7.8g
Sodium	698.9mg	1467mg

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

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

30g	60g	Artichoke Quarters <i>drain & roughly chop</i>
10ml	20ml	Banhoek Chilli Oil
2,5ml	5ml	Dried Oregano
2 slices	4 slices	Sourdough Rye Bread
10g	20g	Salad Leaves <i>rinse</i>
1 pack	2 packs	Sliced Pork Salami

From Your Kitchen

Water

Seasoning (Salt & Pepper)

1. SPICY ARTICHOKEs Combine the artichokes with chilli oil (to taste) and the oregano. Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. SOPHISTICATED SARMIE To assemble the sandwich, place the salad leaves, salami, and herby artichokes onto the toasted bread slices.