



UCCOOK

Artichoke, Salami & Cheese Sandwich

with fresh green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1028kJ	2261kJ
Energy	246kcal	541kcal
Protein	11.5g	25.3g
Carbs	23g	50g
of which sugars	2g	4.5g
Fibre	1.9g	3.8g
Fat	12g	26.3g
of which saturated	5.5g	12.1g
Sodium	744mg	1636.8mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

1	2	Ciabatta Roll/s
30g	60g	Mozzarella Cheese <i>slice</i>
1 pack	2 packs	Sliced Beef Salami
40g	80g	Artichoke Quarters <i>drain & roughly chop</i>
10g	20g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **ON A ROLL** Cut the roll/s in half and toast in the toaster. Allow to cool slightly before assembling. Alternatively, heat the roll/s in the microwave for 15 seconds before slicing.
2. **SUPERB SARMIE** Layer the mozzarella, the salami and the artichokes. Top with the green leaves. Close up and enjoy, Chef.