



UCOOK

Charred Pepper & Tomato Chutney Sub

with a creamy cabbage & carrot slaw

Savour the crunch of charred veggies, the sweet zing of tomato chutney, and a magical Emmental cheese pull, all nestled between toasted buns slathered in a herbaceous pesto. Accompanied by a creamy cabbage-carrot slaw.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jason Johnson

Veggie

 Bertha Wines | Bertha Sauvignon Blanc 2023

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Ingredients & Prep

1	Onion <i>peel & cut ½ into thin wedges</i>
1	Bell Pepper <i>rinse, deseed & cut into thin strips</i>
100g	Cabbage <i>rinse & thinly slice</i>
50g	Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
1 unit	Plain Tangy Mayo
15ml	Pesto Princess Coriander & Chilli Pesto
1	Ciabattini <i>cut in half</i>
25g	Emmental Cheese <i>grate</i>
20g	Green Leaves <i>rinse & finely shred</i>
40ml	Tomato Chutney <i>(30ml Mercado Tomato Salsa & 10ml Mrs Balls Chutney)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges, breaking them up as they cook, until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. CHAR THE PEPS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 1-2 minutes (shifting occasionally). Season, remove from the pan, and add to the bowl of onions.

3. FLAVOURFUL SLAW In a bowl, toss the sliced cabbage, the cucumber matchsticks, and the carrot matchsticks with the mayo, ½ the pesto, a drizzle of olive oil, and seasoning. Set aside.

4. CHEESY ROLLS Spread butter (optional) or oil over the cut-side of the bun. Place a pan (with a lid) over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Flip the top half of the bun to face cut-side up, and cover with the grated cheese. Cover with a lid until melted, 2-4 minutes.

5. STACK 'EM & ENJOY Lay down the bottom half of the toasted bun and smear with the remaining pesto. Layer the shredded leaves and the cucumber half-moons on top, followed by the charred and caramelised veg. Spread over the tomato chutney and close up with the cheesy top half of the bun. Serve the creamy slaw on the side.

Nutritional Information

Per 100g

Energy	475kJ
Energy	114kcal
Protein	2.6g
Carbs	11g
of which sugars	3.6g
Fibre	1.8g
Fat	6.5g
of which saturated	1.4g
Sodium	145mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts, Soy, Cow's Milk

Eat
Within
2 Days