



UCOOK

Caprese Salami Sandwich

with Pesto Princess Basil Pesto

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	1060kj	3406kj
Energy	255kcal	815kcal
Protein	10.8g	34.3g
Carbs	18g	59g
of which sugars	1.8g	5.8g
Fibre	2.1g	6.4g
Fat	16.5g	52.7g
of which saturated	4.6g	14.5g
Sodium	455.1mg	1451.8mg

Allergens: Cow's Milk, Soya, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Dumpy Health Bread
3 packs	4 packs	Sliced Pork Salami
2	2	Tomatoes <i>rinse & slice 1½ [2] into rounds</i>
90g	120g	Mozzarella Cheese <i>roughly slice</i>
60ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **WARM, SOFT BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **TIME TO EAT** Top the bread slices with salami, tomato, cheese, and finish with dollops of the pesto.