



# UCCOOK

## Pastrami Sarmie

with mustard mayo, gherkins & white cheddar

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1081kJ	2594kJ
Energy	258kcal	620kcal
Protein	11.8g	28.3g
Carbs	23g	55g
of which sugars	3.6g	8.6g
Fibre	1.9g	4.7g
Fat	13.5g	32.5g
of which saturated	3.2g	7.6g
Sodium	650mg	1559mg

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

**Spice Level:** None

Eat Within 3 Days

**Ingredients & Prep Actions:**

<b>Serves 3</b>	<b>[Serves 4]</b>	
3	4	Ciabatta Rolls
135ml	180ml	Mustard Mayo <i>(60ml [80ml] Wholegrain Mustard &amp; 75ml [100ml] Mayo)</i>
30g	40g	Green Leaves <i>rinse</i>
3 units	4 units	Sliced Beef Pastrami
45g	60g	Gherkins <i>drain &amp; slice lengthways</i>
90g	120g	Cheddar Cheese <i>slice</i>

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

**1. HEAT IT UP** Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

**2. TIME FOR LUNCH** Spread the rolls with the mustard mayo. Top with the green leaves, the pastrami, the gherkins, and the cheese. Season and enjoy, Chef!