



UCOOK

Pastrami Sarmie

with mustard mayo, gherkins & white cheddar

A sandwich can be deceptively simple to make, but the trick is to use contrasting & complementing toppings to get the most out of every bite. Our UCOOK Chefs show you just how sensational a sarmie can be with this piece of pastrami perfection. Featuring cheddar cheese, briny gherkins, and a creamy mustard mayo.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

1	Ciabatta Roll
45ml	Mustard Mayo <i>(20ml Wholegrain Mustard & 25ml Mayo)</i>
10g	Green Leaves <i>rinse</i>
1 unit	Sliced Beef Pastrami
15g	Gherkins <i>drain & slice lengthways</i>
30g	Cheddar Cheese <i>slice</i>

From Your Kitchen

Salt & Pepper
Water

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

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

Nutritional Information

Per 100g

Energy	1081kJ
Energy	258kcal
Protein	11.8g
Carbs	23g
of which sugars	3.6g
Fibre	1.9g
Fat	13.5g
of which saturated	3.2g
Sodium	650mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
3 Days