



UCCOOK

Bell Pepper & Tomato Chutney Sub

with a creamy cabbage & carrot slaw

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 444kJ | 4033kJ |
| Energy | 106kcal | 965kcal |
| Protein | 2.4g | 22g |
| Carbs | 10g | 95g |
| of which sugars | 3.8g | 34.1g |
| Fibre | 1.8g | 16.2g |
| Fat | 5.9g | 53.9g |
| of which saturated | 1.2g | 10.9g |
| Sodium | 109mg | 989mg |

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

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 2 | 2 | Onions <i>peel & cut 1½ [2] into thin wedges</i> |
| 3 | 4 | Bell Peppers <i>rinse, deseed & cut into thin strips</i> |
| 300g | 400g | Cabbage <i>rinse & thinly slice</i> |
| 150g | 200g | Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i> |
| 240g | 240g | Carrot <i>rinse, trim, peel & cut into thin matchsticks</i> |
| 150ml | 200ml | Hellmann's Tangy Mayo |
| 30ml | 40ml | Pesto Princess Coriander & Chilli Pesto |
| 3 | 4 | Ciabatta Rolls <i>cut in half</i> |
| 75g | 100g | Cheddar Cheese <i>grate</i> |
| 60g | 80g | Green Leaves <i>rinse & finely shred</i> |
| 120ml | 160ml | Tomato Chutney <i>(90ml [120ml] Mercado Tomato Salsa & 30ml [40ml] Mrs Balls Chutney)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter (optional)
Seasoning (salt & pepper)

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion, breaking them up as they cook, until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. CHAR THE PEPS Return the pan to medium-high heat with a drizzle of oil. Fry the pepper until lightly charred, 2-3 minutes (shifting occasionally). Season, remove from the pan, and add to the bowl of onion.

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

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

5. STACK 'EM & ENJOY Lay down the bottom half of the roll and smear with the remaining pesto. Layer the green leaves, 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.