



UCCOOK

Pastrami Sarmie

with mustard mayo, gherkins & white cheddar

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

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:

Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
45ml	90ml	Mustard Mayo <i>(20ml [40ml] Wholegrain Mustard & 25ml [50ml] Mayo)</i>
10g	20g	Green Leaves <i>rinse</i>
1 unit	2 units	Sliced Beef Pastrami
15g	30g	Gherkins <i>drain & slice lengthways</i>
30g	60g	Cheddar Cheese <i>slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **HEAT IT UP** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **TIME FOR LUNCH** Spread the roll/s with the mustard mayo. Top with the green leaves, the pastrami, the gherkins, and the cheese. Season and enjoy, Chef!