



# UCOOK

## Italian Pork Salami Melt

with mixed olives

Need a flavour pick-me-up but drowning in emails? Here's your quick & tasty solution: a warmed ciabatta roll is filled with melted cheese, salty Italian salami, briny olives, creamy feta & fresh greens. Take a bite and feel on top of the corporate world again, Chef!

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Lunch

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## Ingredients & Prep

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3	Ciabatta Rolls
3 packs	Sliced Italian Salami
120g	Mozzarella Cheese <i>slice</i>
60g	Mixed Olives <i>(30g Pitted Kalamata Olives &amp; 30g Pitted Green Olives)</i>
30g	Green Leaves <i>rinse</i>

## From Your Kitchen

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Salt & Pepper  
Water

**1. ON A ROLL** Halve the roll and fill with the salami and cheese slices. Heat the filled roll in a microwave until softened and the cheese is melted, 15 seconds. Allow to cool slightly.

**2. SALAMI SARMIE** Drain the mixed olives. Top the melted cheese and the salami with the rinsed green leaves and the drained olives. Close up and take a bite, Chef!

## Nutritional Information

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Per 100g

Energy	1194kj
Energy	285kcal
Protein	12.8g
Carbs	22g
of which sugars	2.1g
Fibre	2.2g
Fat	16.2g
of which saturated	6.1g
Sodium	850mg

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## Allergens

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

Eat  
Within  
3 Days