Eat Within 3 Days

UCOOK

Chorizo, Artichoke & Cheese Sandwich

with fresh basil

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	969kJ	1889kJ
Energy	232kcal	452kcal
Protein	11.9g	23.1g
Carbs	26g	50g
of which sugars	2.2g	4.2g
Fibre	2.4g	9.6g
Fat	8.8g	17.2g
of which saturated	3.4g	6.6g
Sodium	571mg	1114mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Alcohol, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Ciabatta Rolls
90g	120g	Mozzarella Cheese *slice*
90g	120g	Sliced Pork Chorizo
120g	160g	Artichoke Quarters *drain & roughly chop*
15g	20g	Fresh Basil *rinse*

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. ON A ROLL Cut the rolls in half and toast in the toaster. Allow to cool slightly before assembling. Alternatively, heat the rolls in the microwave for 15 seconds before slicing.

2. SUPERB SARMIE Layer the mozzarella, the chorizo and the artichokes. Top with the basil leaves. Close up and enjoy, Chef.