

# **UCOOK**

## The Ultimate BLT

with crispy bacon, potato wedges & Italian-style cheese

This flavourful BLT sandwich is loaded with crispy bacon, fresh green leaves, zingy tomatoes, hard cheese ribbons, and smeared with That Mayo Original mayo. A BLT that is completely out of this world!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser



Fat Bastard | Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato rinsed & cut into wedges
4 strips	Streaky Pork Bacon
1	Schoon Ciabattini defrosted & halved
50ml	That Mayo (Original)

20g Green Leaves rinsed

1 Plum Tomato

20g Whole Italian-style Cheese peeled into ribbons

sliced into thin rounds

#### From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

Paper Towel

Butter

1. WHERE THERE'S A WEDGE THERE'S A WAY Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

- 2. CHRIS P. BACON When the wedges have 8-10 minutes remaining, place a pan over a medium heat. When hot, fry the bacon for 2-4 minutes per side until golden and crispy. Remove on completion and set aside to drain on some paper towel. Cut in half when cool enough to handle.
- 3. TOAST THE BUNS, HUN Butter the cut sides of the halved ciabattini. Return the pan to a medium-high heat. When hot, add the halved ciabattini, butter side down, and fry until warmed through and golden. Remove from the pan on completion.
- 4. THE KING OF SANDWICHES Time to assemble! Smear a generous layer of mayo on the toasted ciabattini. Top with some rinsed green leaves, the sliced tomato, the halved bacon slices, and the cheese ribbons. Close it up and serve the crispy wedges (with any remaining mayo for dipping) and any remaining toppings on the side. Look at you go, Chef!

#### **Nutritional Information**

Per 100g

Energy

Energy	218Kca
Protein	8.20
Carbs	200
of which sugars	3.3
Fibre	2.4
Fat	12.2
of which saturated	4.20
Sodium	359.2mg

### **Allergens**

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook within 4 Days

914kl