



UCCOOK

Plum Jam & Beef Salami Sandwich

with sourdough bread & cream cheese

Hands-on Time: 6 minutes

Overall Time: 6 minutes

Lunch: Serves 1 & 2

Chef: Caitlin Swanepoel

Nutritional Info	Per 100g	Per Portion
Energy	1152kJ	2604kJ
Energy	275kcal	623kcal
Protein	10.9g	24.5g
Carbs	35g	79g
of which sugars	7.7g	17.5g
Fibre	2.1g	8.2g
Fat	11.3g	25.5g
of which saturated	6.2g	14g
Sodium	667.7mg	1509mg

Allergens: Cow's Milk, Gluten, Wheat, Soy

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Sourdough Bread
20g	40g	Plum Jam
5ml	10ml	Dried Chilli Flakes
30ml	60ml	Cream Cheese
1 pack	2 packs	Sliced Beef Salami
10g	20g	Green Leaves <i>rinse & finely shred</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. BEGIN WITH BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
- 2. SPICY PLUM JAM** In a bowl, combine the jam with the chilli flakes (to taste).
- 3. ASSEMBLE & ADMIRE** Lay down the slices of bread and smear evenly with the cream cheese. Top one halve with the chilli plum jam, the beef salami, and the green leaves. Close up with the remaining slice of bread. Cut in half before serving.