



UCCOOK

Mustard Pastrami Bagel

with gherkins & crisp salad leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	1189kJ	2990kJ
Energy	284kcal	714kcal
Protein	7.3g	18.2g
Carbs	39g	97g
of which sugars	1.6g	4.1g
Fibre	7.8g	20.3g
Fat	11g	27.6g
of which saturated	1.7g	4.4g
Sodium	533.3mg	1341.3mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Everything Bagel/s
30ml	60ml	Creamy Mustard <i>(25ml [50ml] Mayo & 5ml [10ml] Dijon mustard)</i>
1 unit	2 units	Sliced Beef Pastrami
20g	40g	Gherkins
10g	20g	Green Leaves

From Your Kitchen

Water
Seasoning (salt & pepper)

1. **WARM BAGEL** Heat the bagel/s in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **CLASSIC COMBO** Smear the creamy mustard over both sides of the bagel/s. Top it with the pastrami, the gherkins, and lastly the green leaves. Season, close it up, and lunch is ready.