



UCCOOK

Tasty Chorizo Sandwich

with a creamy bean filling

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1261kJ	3657kJ
Energy	301kcal	874kcal
Protein	11.2g	32.6g
Carbs	31g	90g
of which sugars	2.4g	6.8g
Fibre	1.4g	4.4g
Fat	16.4g	47.5g
of which saturated	2.2g	6.5g
Sodium	373.8mg	1084mg

Allergens: Gluten, Allium, Wheat, Sulphites, Alcohol

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Cannellini Beans <i>drain & rinse</i>
90ml	125ml	Mayo
6	8	Dumpy Health Bread Slices
60g	80g	Salad Leaves <i>rinse</i>
90g	120g	Sliced Pork Chorizo

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SOME PREP In a bowl, combine the beans, the mayo, and a splash of water. Mash with a fork until a smooth consistency and season. Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. TIME TO EAT Spread the bean mixture evenly onto one slice of the bread, then layer with the salad leaves and the chorizo before placing the other slice on top.