



# UCCOOK

## Feta & Salami Open Sandwich

with tomato & creamy mustard

When you're feta-p with boring work lunches, this open sandwich will make you look forward to your lunch break again, Chef! Warm health bread is covered in a creamy mustard & smashed feta spread, then topped with fresh greens, tangy slices of tomato & salty salami.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

6 slices	Health Bread
75ml	Creamy Mustard <i>(60ml Crème Fraîche &amp; 15ml Wholegrain Mustard)</i>
90g	Danish-style Feta <i>drain</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	Tomatoes <i>rinse &amp; thinly slice</i>
3 packs	Sliced Pork Salami <i>roughly chop</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. WARM, SOFT BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling. In a bowl, mash together the creamy mustard and the drained feta.

**2. TAKE A BITE OF THIS!** Spread the bread with the creamy mustard & feta mix. Top with the shredded salad leaves, the tomato slices, and the chopped salami. Season and dig in, Chef!

## Nutritional Information

Per 100g

Energy	1061kJ
Energy	254kcal
Protein	10.2g
Carbs	21g
of which sugars	1.9g
Fibre	4.6g
Fat	15.6g
of which saturated	5g
Sodium	444mg

## Allergens

Gluten, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
3 Days