



# QCOOK

## Wasabi Turkey Sandwich

with rye bread

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	788kJ	3030kJ
Energy	189kcal	725kcal
Protein	6.2g	24g
Carbs	22g	86g
of which sugars	3.6g	13.8g
Fibre	2.7g	10.3g
Fat	8.8g	33.7g
of which saturated	0.5g	2g
Sodium	369mg	1419mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soya

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
6	8	50% Rye Bread Slices
150ml	200ml	Mayo
22,5ml	30ml	Wasabi Powder
2	2	Tomatoes <i>rinse &amp; slice into rounds</i>
60g	80g	Green Leaves <i>rinse</i>
3 packs	4 packs	Sliced Smoked Turkey

## From Your Kitchen

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Seasoning (salt & pepper)

Water

**1. TIME TO TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. In a small bowl, combine the mayo and the wasabi powder (to taste).

**2. WASABI. UMAMI!** Spread the wasabi mayo over the bread. Top with the tomato, the green leaves, and the turkey. Close up the sandwich before slicing through the middle. Dig in!