



Eat Within 2 Days

UCCOOK

Salami & Artichoke Sandwich

with dried oregano & chilli oil

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1201kj	2522kj
Energy	288kcal	604kcal
Protein	9.8g	20.6g
Carbs	29g	61g
of which sugars	1.4g	3g
Fibre	2.4g	5g
Fat	14.6g	30.7g
of which saturated	3.8g	8g
Sodium	700mg	1469mg

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

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Artichoke Quarters <i>drain & roughly chop</i>
30ml	40ml	Banhoek Chilli Oil
7,5ml	10ml	Dried Oregano
6 slices	8 slices	Artisan Sourdough Bread
30g	40g	Green Leaves <i>rinse</i>
3 packs	4 packs	Sliced Pork Salami

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **SPICY ARTICHOKE** Combine the artichokes with chilli oil (to taste) and the oregano. Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **SOPHISTICATED SARMIE** To assemble the sandwich, place the green leaves, salami, and herby artichokes onto the toasted bread slices.