



UCOOK

Hellmann's Pepper & Tomato Chutney Sub

with a creamy cabbage & carrot slaw

Savour the crunch of charred veggies, the sweet zing of tomato chutney, and a magical cheddar cheese pull, all nestled between toasted buns slathered in a herbaceous pesto. Accompanied by a creamy Hellmann's mayo cabbage-carrot slaw.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellmann's

Veggie

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

| | |
|------|---|
| 1 | Onion <i>peel & cut ½ into thin wedges</i> |
| 1 | Bell Pepper <i>rinse, deseed & cut into thin strips</i> |
| 100g | Cabbage <i>rinse & thinly slice</i> |
| 50g | Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i> |
| 120g | Carrot <i>rinse, trim, peel & cut into thin matchsticks</i> |
| 50ml | Hellmann's Mayo |
| 10ml | Pesto Princess Coriander & Chilli Pesto |
| 1 | Ciabatta Roll <i>cut in half</i> |
| 25g | Cheddar Cheese <i>grate</i> |
| 20g | Green Leaves <i>rinse & finely shred</i> |
| 40ml | Tomato Chutney <i>(30ml Mercado Tomato Salsa & 10ml Mrs Balls Chutney)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges, breaking them up as they cook, until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. CHAR THE PEPS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 1-2 minutes (shifting occasionally). Season, remove from the pan, and add to the bowl of onions.

3. FLAVOURFUL SLAW In a bowl, toss the sliced cabbage, the cucumber matchsticks, and the carrot matchsticks with the mayo, ½ the pesto, a drizzle of olive oil, and seasoning. Set aside.

4. CHEESY ROLLS Spread butter (optional) or oil over the cut-side of the bun. Place a pan (with a lid) over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Flip the top half of the bun to face cut-side up, and cover with the grated cheese. Cover with a lid until melted, 2-4 minutes.

5. STACK 'EM & ENJOY Lay down the bottom half of the toasted bun and smear with the remaining pesto. Layer the shredded leaves and the cucumber half-moons on top, followed by the charred and caramelised veg. Spread over the tomato chutney and close up with the cheesy top half of the bun. Serve the creamy slaw on the side.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 443kJ |
| Energy | 106kcal |
| Protein | 2.4g |
| Carbs | 10g |
| of which sugars | 3.8g |
| Fibre | 1.8g |
| Fat | 5.9g |
| of which saturated | 1.2g |
| Sodium | 109mg |

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days