



# UCCOOK

## Hot Honey & Beef Pastrami Cheese Melt

with chilli flakes

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1171kj   | 2782kj      |
| Energy             | 280kcal  | 665kcal     |
| Protein            | 11.6g    | 27.6g       |
| Carbs              | 34.3g    | 81.5g       |
| of which sugars    | 12.0g    | 28.5g       |
| Fibre              | 4.8g     | 16.8g       |
| Fat                | 9.6g     | 22.9g       |
| of which saturated | 4.3g     | 10.3g       |
| Sodium             | 611mg    | 1450mg      |

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |                       |
|----------|------------|-----------------------|
| 2 slices | 4 slices   | Farmstyle White Bread |
| 1 pack   | 2 packs    | Sliced Beef Pastrami  |
| 50g      | 100g       | Grated Cheddar Cheese |
| 20ml     | 40ml       | Honey                 |
| 2,5ml    | 5ml        | Dried Chilli Flakes   |

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

1. **BEST SARMIE EVER** Top 1 [2] bread slice/s with the pastrami and the cheese. Drizzle over the honey and sprinkle over the chilli flakes (to taste). Close up with the remaining bread slice/s and pop in the toasted sandwich machine until golden and crispy. Alternatively, you can heat the sandwich in the microwave until the cheese has melted, 15 seconds.

### Chef's Tip

For an extra crispy toastie, spread some butter on the outside of your assembled sandwich before toasting in the sandwich machine.