



Eat Within 2 Days

# UCCOOK

## Salami & Artichoke Sandwich

with dried oregano & chilli oil

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**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 1	[Serves 2]	
30g	60g	Artichoke Quarters <i>drain &amp; roughly chop</i>
10ml	20ml	Banhoek Chilli Oil
2,5ml	5ml	Dried Oregano
2 slices	4 slices	Sourdough Rye Bread
10g	20g	Green Leaves <i>rinse</i>
1 pack	2 packs	Sliced Pork Salami

## From Your Kitchen

Seasoning (salt & pepper)  
Water

**1. SPICY ARTICHOKEs** 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.