



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: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hellmann's

Veggie

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

2	Onions <i>peel & cut 1½ into thin wedges</i>
3	Bell Peppers <i>rinse, deseed & cut into thin strips</i>
300g	Cabbage <i>rinse & thinly slice</i>
150g	Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i>
240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
150ml	Hellmann's Mayo
30ml	Pesto Princess Coriander & Chilli Pesto
3	Ciabatta Rolls <i>cut in half</i>
75g	Cheddar Cheese <i>grate</i>
60g	Green Leaves <i>rinse & finely shred</i>
120ml	Tomato Chutney <i>(90ml Mercado Tomato Salsa & 30ml 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, 10-12 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, 2-3 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 buns. Place a pan (with a lid) over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Flip the top half of the buns 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 buns 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 halves of the buns. 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