



UCCOOK

Bell Pepper & Tomato Chutney Sub

with a creamy cabbage & carrot slaw

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	444kJ	4033kJ
Energy	106kcal	965kcal
Protein	2.4g	22g
Carbs	10g	95g
of which sugars	3.8g	34.1g
Fibre	1.8g	16.2g
Fat	5.9g	53.9g
of which saturated	1.2g	10.9g
Sodium	109mg	989mg

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

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & cut ½ [1] into thin wedges</i>
1	2	Bell Pepper/s <i>rinse, deseed & cut into thin strips</i>
100g	200g	Cabbage <i>rinse & thinly slice</i>
50g	100g	Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50ml	100ml	Hellmann's Tangy Mayo
10ml	20ml	Pesto Princess Coriander & Chilli Pesto
1	2	Ciabatta Roll/s <i>cut in half</i>
25g	50g	Cheddar Cheese <i>grate</i>
20g	40g	Green Leaves <i>rinse & finely shred</i>
40ml	80ml	Tomato Chutney <i>(30ml [60ml] Mercado Tomato Salsa & 10ml [20ml] Mrs Balls Chutney)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter (optional)
Seasoning (salt & pepper)

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

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

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

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

5. STACK 'EM & ENJOY Lay down the bottom half of the roll and smear with the remaining pesto. Layer the green leaves, 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.