



UCOOK

Artichoke, Salami & Cheese Sandwich

with fresh basil

A warm ciabatta roll, crispy on the outside and fluffy on the inside, is layered with slices of mozzarella, salty salami, & artichoke. Finished with peppery fresh basil for a sarmie that guarantees envious looks from your colleagues.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jenna Peoples

*New Lunch

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Ingredients & Prep

1	Ciabatta Roll
30g	Mozzarella Cheese <i>slice</i>
1 pack	Sliced Pork Salami
40g	Artichoke Quarters <i>drain & roughly chop</i>
5g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. ON A ROLL Cut the roll in half and toast in the toaster. Allow to cool slightly before assembling. Alternatively, heat the roll in the microwave for 15 seconds before slicing.

2. SUPERB SARMIE Layer the sliced mozzarella, the salami and the chopped artichokes. Top with the chopped basil. Close up and enjoy, Chef.

Nutritional Information

Per 100g

Energy	1088kj
Energy	260kcal
Protein	11.7g
Carbs	23g
of which sugars	2g
Fibre	1.9g
Fat	13.7g
of which saturated	5.2g
Sodium	760mg

Allergens

Cow's Milk, Gluten, Wheat, Sulphites, Soy

Eat
Within
3 Days