



QCOOK

Wasabi Turkey Sandwich

with rye bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	788kJ	3030kJ
Energy	189kcal	725kcal
Protein	6.2g	24g
Carbs	22g	86g
of which sugars	3.6g	13.8g
Fibre	2.7g	10.3g
Fat	8.8g	33.7g
of which saturated	0.5g	2g
Sodium	369mg	1419mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

2	4	50% Rye Bread Slices
50ml	100ml	Mayo
7,5ml	15ml	Wasabi Powder
1	1	Tomato <i>rinse & slice into rounds</i>
20g	40g	Green Leaves <i>rinse</i>
1 pack	2 packs	Sliced Smoked Turkey

From Your Kitchen

Seasoning (salt & pepper)

Water

1. TIME TO TOAST Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. In a small bowl, combine the mayo and the wasabi powder (to taste).

2. WASABI. UMAMI! Spread the wasabi mayo over the bread. Top with the tomato, the green leaves, and the turkey. Close up the sandwich before slicing through the middle. Dig in!