



UCCOOK

Pastrami Bagel

with gherkins & mustard mayo

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	1155kj	2923kj
Energy	276kcal	699kcal
Protein	7.3g	18.5g
Carbs	39g	98g
of which sugars	2g	5g
Fibre	2g	5g
Fat	10.2g	25.7g
of which saturated	1.2g	3.1g
Sodium	553mg	1398mg

Allergens: Sulphites, Soy, Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

1	2	Everything Bagel/s
30ml	60ml	Mustard Mayo <i>(20ml [40ml] Mayo & 10ml [20ml] Dijon Mustard)</i>
10g	20g	Salad Leaves <i>rinse & roughly shred</i>
1 pack	2 packs	Sliced Beef Pastrami
20g	40g	Gherkins <i>drain & slice</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

1. GRAB THE BAGEL Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. SMEAR, TOP, SAVOUR Smear the mustard mayo over the bagel/s. Top with the salad leaves, pastrami, and the gherkins. Season and close up. YUM, Chef!