



# U COOK

## Plum Jam & Pork Salami Sandwich

with sourdough bread & cream cheese

**Hands-on Time:** 6 minutes

**Overall Time:** 6 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1189kJ   | 2688kJ      |
| Energy             | 284kcal  | 642kcal     |
| Protein            | 10.4g    | 23.4g       |
| Carbs              | 34g      | 77g         |
| of which sugars    | 7.6g     | 17.2g       |
| Fibre              | 4.2g     | 11.1g       |
| Fat                | 12.7g    | 28.6g       |
| of which saturated | 5.8g     | 13g         |
| Sodium             | 759.5mg  | 1716.5mg    |

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

**Spice Level:** Moderate

Eat Within 2 Days

**Ingredients & Prep Actions:**

| Serves 1 | [Serves 2] |                                                 |
|----------|------------|-------------------------------------------------|
| 2 slices | 4 slices   | Sourdough Bread                                 |
| 20g      | 40g        | Plum Jam                                        |
| 5ml      | 10ml       | Dried Chilli Flakes                             |
| 30ml     | 60ml       | Cream Cheese                                    |
| 1 unit   | 2 units    | Sliced Pork Salami                              |
| 10g      | 20g        | Green Leaves<br><i>rinse &amp; finely shred</i> |

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **BEGIN WITH BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **SPICY JAM** In a bowl, combine the jam with the chilli flakes (to taste).
3. **ASSEMBLE & ADMIRE** Lay down the slices of bread and smear evenly with the cream cheese. Top one halve with the chilli-plum jam, the salami, and the green leaves. Close up with the remaining slice of bread. Cut in half before serving.