



# UCCOOK

## Pastrami Sarmie

with mustard mayo, gherkins & white cheddar

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1043kJ	2606kJ
Energy	249kcal	623kcal
Protein	11.4g	28.6g
Carbs	22g	55g
of which sugars	3.4g	8.6g
Fibre	4.4g	19.2g
Fat	13g	32.5g
of which saturated	3g	7.6g
Sodium	626.9mg	1567.4mg

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

Eat Within 3 Days

# Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
45ml	90ml	Mustard Mayo <i>(20ml [40ml] Wholegrain Mustard &amp; 25ml [50ml] Mayo)</i>
20g	40g	Green Leaves <i>rinse</i>
1 unit	2 units	Sliced Beef Pastrami
15g	30g	Gherkins <i>drain &amp; slice lengthways</i>
30g	60g	Cheddar Cheese <i>slice</i>

# From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **HEAT IT UP** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **TIME FOR LUNCH** Spread the roll/s with the mustard mayo. Top with the green leaves, the pastrami, the gherkins, and the cheese. Season and enjoy, Chef!