



U^{COOK}

Hot Honey & Beef Pastrami Cheese Melt

with chilli flakes

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	1171kj	2782kj
Energy	280kcal	665kcal
Protein	11.6g	27.6g
Carbs	34.3g	81.5g
of which sugars	12.0g	28.5g
Fibre	4.8g	16.8g
Fat	9.6g	22.9g
of which saturated	4.3g	10.3g
Sodium	611mg	1450mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Farmstyle White Bread
3 packs	4 packs	Sliced Beef Pastrami
150g	200g	Grated Cheddar Cheese
60ml	80ml	Honey
7,5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **BEST SARMIE EVER** Top 3 [4] bread slices with the pastrami and the cheese. Drizzle over the honey and sprinkle over the chilli flakes (to taste). Close up with the remaining bread slices and pop in the toasted sandwich machine until golden and crispy. Alternatively, you can heat the sandwich in the microwave until the cheese has melted, 15 seconds.

Chef's Tip For an extra crispy toastie, spread some butter on the outside of your assembled sandwich before toasting in the sandwich machine.