



# UCCOOK

## Feta & Salami Open Sandwich

with tomato & creamy mustard

**Hands-on Time:** 5 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

### Nutritional Info

	Per 100g	Per Portion
Energy	980.9kJ	3354.2kJ
Energy	234.6kcal	802.3kcal
Protein	10.1g	34.7g
Carbs	17.9g	61.2g
of which sugars	1.9g	6.7g
Fibre	4g	13.6g
Fat	14.6g	50.1g
of which saturated	5.7g	19.5g
Sodium	402.6mg	1376.7mg

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

**Spice Level:** None

Eat Within 3 Days

**Ingredients & Prep Actions:**

<b>Serves 1</b>	<b>[Serves 2]</b>	
2 slices	4 slices	Health Bread
25ml	50ml	Creamy Mustard <i>(20ml [40ml] Crème Fraîche &amp; 5ml [10ml] Wholegrain Mustard)</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	2	Tomato/es <i>rinse &amp; thinly slice</i>
1 unit	2 units	Sliced Beef Salami <i>roughly chop</i>

**From Your Kitchen**

Water  
Seasoning (Salt & Pepper)

1. **WARM, SOFT BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling. In a bowl, mash together the creamy mustard and the feta.
2. **TAKE A BITE OF THIS!** Spread the creamy mustard and feta mix over the bread slices. Top with the salad leaves, the tomato, and the salami. Season and dig in, Chef!