



# UCOOK

## Pastrami Sarmie

**with mustard mayo, gherkins & white cheddar**

A sandwich can be deceptively simple to make, but the trick is to use contrasting & complementing toppings to get the most out of every bite. Our UCOOK Chefs show you just how sensational a sarmie can be with this piece of pastrami perfection. Featuring cheddar cheese, briny gherkins, and a creamy mustard mayo.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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**\*New Lunch**

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## Ingredients & Prep

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3	Ciabatta Rolls
135ml	Mustard Mayo <i>(60ml Wholegrain Mustard &amp; 75ml Mayo)</i>
30g	Green Leaves <i>rinse</i>
3 units	Sliced Beef Pastrami
45g	Gherkins <i>drain &amp; slice lengthways</i>
90g	Cheddar Cheese <i>slice</i>

## From Your Kitchen

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Salt & Pepper  
Water

**1. HEAT IT UP** Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

**2. TIME FOR LUNCH** Spread the rolls with the mustard mayo. Top with the green leaves, the pastrami, the sliced gherkins, and the sliced cheese. Season and enjoy, Chef!

## Nutritional Information

Per 100g

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Energy	1081kJ
Energy	258kcal
Protein	11.8g
Carbs	23g
of which sugars	3.6g
Fibre	1.9g
Fat	13.5g
of which saturated	3.2g
Sodium	650mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Soy,  
Cow's Milk

Eat  
Within  
3 Days