



# UCCOOK

## Artichoke, Salami & Cheese Sandwich

with fresh green leaves

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1028kJ	2261kJ
Energy	246kcal	541kcal
Protein	11.5g	25.3g
Carbs	23g	50g
of which sugars	2g	4.5g
Fibre	1.9g	3.8g
Fat	12g	26.3g
of which saturated	5.5g	12.1g
Sodium	744mg	1636.8mg

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

**Spice Level:** None

Eat Within 3 Days

### Ingredients & Prep Actions:

**Serves 3** [\[Serves 4\]](#)

3	4	Ciabatta Rolls
90g	120g	Mozzarella Cheese <i>slice</i>
3 packs	4 packs	Sliced Beef Salami
120g	160g	Artichoke Quarters <i>drain &amp; roughly chop</i>
30g	40g	Green Leaves <i>rinse</i>

### From Your Kitchen

Seasoning (salt & pepper)

Water

1. **ON A ROLL** Cut the rolls in half and toast in the toaster. Allow to cool slightly before assembling. Alternatively, heat the rolls in the microwave for 15 seconds before slicing.

2. **SUPERB SARMIE** Layer the mozzarella, the salami and the artichokes. Top with the green leaves. Close up and enjoy, Chef.