Eat Within 2 Days

UCOOK

Pastrami & Onion Marmalade Sandwich

with creamy mustard & tangy gherkins

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	887kJ	1995kJ
Energy	212kcal	478kcal
Protein	10.2g	23g
Carbs	28g	64g
of which sugars	3.4g	7.7g
Fibre	2.5g	10.2g
Fat	5.9g	13.2g
of which saturated	2.2g	5g
Sodium	572mg	1288mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Rye Bread
90ml	120ml	Mustard Cream Cheese *(60ml [80ml] Cream Cheese & 30ml [40ml] Dijon Mustard)*
30g	40g	Chaloner Onion Marmalade
60g	80g	Gherkins *drain & slice*
3 units	4 units	Sliced Beef Pastrami

From Your Kitchen

Seasoning (salt & pepper)
Water

1. TASTY TOAST Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. MMMUSTARD CREAM CHEESE Smear 2[4] slices of bread with mustard cream cheese (to taste).

3. LOVELY LAYERS Smear the Chaloner onion marmalade over the remaining bread slice/s. Top with the gherkins and pastrami. Close up the sandwich and enjoy.