



# uCOOK

## Chorizo, Artichoke & Cheese Sandwich

with fresh basil

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jenna Peoples

### Nutritional Info

	Per 100g	Per Portion
Energy	969kJ	1889kJ
Energy	232kcal	452kcal
Protein	11.9g	23.1g
Carbs	26g	50g
of which sugars	2.2g	4.2g
Fibre	2.4g	9.6g
Fat	8.8g	17.2g
of which saturated	3.4g	6.6g
Sodium	571mg	1114mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1 [\[Serves 2\]](#)

1	2	Ciabatta Roll/s
30g	60g	Mozzarella Cheese <i>slice</i>
30g	60g	Sliced Pork Chorizo
40g	80g	Artichoke Quarters <i>drain &amp; roughly chop</i>
5g	10g	Fresh Basil <i>rinse</i>

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

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

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