

Eat Within 3 Days

QCOOK

Reuben-Style Beef Pastrami Salad

with horseradish mayo

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	667kJ	1265kJ
Energy	159kcal	303kcal
Protein	10.8g	20.4g
Carbs	13g	24g
of which sugars	3.8g	7.2g
Fibre	1.6g	4.4g
Fat	6.9g	13.2g
of which saturated	3.3g	6.2g
Sodium	566mg	1074mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Salad Leaves *rinse & roughly shred*
30g	60g	Gherkins *drain & slice*
30g	60g	Mozzarella Cheese *cut into cubes*
20g	40g	Piquanté Peppers *drain*
20g	40g	Croutons
1 unit	2 units	Sliced Beef Pastrami *roughly chop*
50ml	100ml	Horseradish Mayo *(15ml [30ml] Horseradish Sauce & 35ml [70ml] Mayo)*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. SENSATIONAL SALAD In a bowl, combine the green leaves, the gherkins, the cheese, the peppers, the croutons, and the pastrami. Drizzle over the horseradish mayo. Enjoy, Chef!