



UCOOK

Hellmann's Pepper & Tomato Chutney Sub

with a creamy cabbage & carrot slaw

Savour the crunch of charred veggies, the sweet zing of tomato chutney, and a magical cheddar cheese pull, all nestled between toasted buns slathered in a herbaceous pesto. Accompanied by a creamy Hellmann's mayo cabbage-carrot slaw.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Hellmann's

Veggie

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

1	Onion <i>peel & cut into thin wedges</i>
2	Bell Pepper <i>rinse, deseed & cut into thin strips</i>
200g	Cabbage <i>rinse & thinly slice</i>
100g	Cucumber <i>rinse, cut ½ into half-moons & cut the other ½ into thin matchsticks</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
100ml	Hellmann's Mayo
20ml	Pesto Princess Coriander & Chilli Pesto
2	Ciabatta Rolls <i>cut in half</i>
50g	Cheddar Cheese <i>grate</i>
40g	Green Leaves <i>rinse & finely shred</i>
80ml	Tomato Chutney <i>(60ml Mercado Tomato Salsa & 20ml Mrs Balls Chutney)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges, breaking them up as they cook, until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. CHAR THE PEPS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 1-2 minutes (shifting occasionally). Season, remove from the pan, and add to the bowl of onions.

3. FLAVOURFUL SLAW In a bowl, toss the sliced cabbage, the cucumber matchsticks, and the carrot matchsticks with the mayo, ½ the pesto, a drizzle of olive oil, and seasoning. Set aside.

4. CHEESY ROLLS Spread butter (optional) or oil over the cut-side of the buns. Place a pan (with a lid) over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Flip the top half of the buns to face cut-side up, and cover with the grated cheese. Cover with a lid until melted, 2-4 minutes.

5. STACK 'EM & ENJOY Lay down the bottom half of the toasted buns and smear with the remaining pesto. Layer the shredded leaves and the cucumber half-moons on top, followed by the charred and caramelised veg. Spread over the tomato chutney and close up with the cheesy top halves of the buns. Serve the creamy slaw on the side.

Nutritional Information

Per 100g

Energy	443kJ
Energy	106kcal
Protein	2.4g
Carbs	10g
of which sugars	3.8g
Fibre	1.8g
Fat	5.9g
of which saturated	1.2g
Sodium	109mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days