

| Recipe Ingredients ... | Quantity: | Description: |
|--|-----------|--------------------------------|
| Beef, rump steak, grilled, lean only | 75g | |
| Portabello mushrooms, grilled | 20g | 0.2x cup, sliced |
| Onions, red, raw | 20g | 3.8x homemade sandwich filling |
| Krakus Pickled Dill Cucumbers 670g | 25g | 0x Per pack |
| Charleville Freshly Grated Select Red Cheddar 200g | 15g | 0.8x Each 20g serving contains |
| Mixed Salad Leaves | 40g | 1.7x Average serving |
| Bunlimited Chipotle Sauce 150ml | 10ml | 0.1x Per pack |
| Pita Pit bread (Brown) | 80g | |

Ingredient List (QUID) ...

Pita Pit bread (Brown) (28.1%) (**Wheat**), Beef (26.3%), Mixed Salad Leaves (14%), Krakus Pickled Dill Cucumbers 670g (8.8%) [Cucumbers (51%), Spirit Vinegar, Sugar, Salt, Spices (including Dill, Garlic, **Mustard**)], Red onions (7%), Mushroom (7%), Charleville Freshly Grated Select Red Cheddar 200g (5.3%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Bunlimited Chipotle Sauce 150ml (3.5%) [Rapeseed Oil, Water, Vinegar, Sugar, **Egg** Yolk, Salt, Onion Powder, Modified Starch, 0, 7% Chipotle Powder, **Mustard** (Water, **Mustard** Seed, Vinegar, Salt, Spices, Natural Flavouring), Garlic Puree, Yeast Extract, Acid (Lactic Acid), Thickener (Guar Gum), Onions, Preservative (Potassium Sorbate), Parsley, Paprika Extract, Natural Flavouring, Smoke Flavouring, Antioxidant (Calcium Disodium EDTA)]

Cooking Instructions & Notes

- **Beef:** is a great source of bioavailable protein for the body to assist in muscle repair and growth, it also a great iron source which assists in haemoglobin production, it is also high in Zinc which assists in DNA production
- **Red onion:** is packed full of nutrients including Vitamins A, B, C and also minerals such as sulphur and soluble fibre and has anti-inflammatory as well as anti-bacterial properties.
- **Dill pickle:** can be a great source of probiotic bacteria which help maintain a healthy gut
- **Mushrooms;** are a source of vitamin A and D, also antioxidants. Vitamin D is essential for a healthy immune system and bone health. Cooking of mushrooms increases their antioxidant potency
- **Salad leaves:** contain numerous minerals including folic acid and also soluble fibre in the form of pectin which helps feed our healthy bacteria in our gut
- **Cheddar cheese:** is a great source of quality protein and calcium which is great for bone and muscle health