



# UCOOK

## Creamy Sun-dried Tomato & Toast

with balsamic reduction

Welcome to the sophisticated version of a cheese & tomato sarmie, Chef! Warm sourdough rye slices are topped with cream cheese, tangy sun-dried tomato, drizzles of rich balsamic vinegar, & fresh greens. Garnished with herbaceous oregano.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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\*New Lunch

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## Ingredients & Prep

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8 slices	Sourdough Rye Bread
200ml	Cream Cheese
40g	Green Leaves <i>rinse</i>
200g	Sun-dried Tomatoes <i>drain</i>
60ml	Balsamic Reduction
10g	Fresh Oregano <i>rinse &amp; pick</i>

## From Your Kitchen

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Salt & Pepper  
Water

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

**2. OPEN SANDWICH** Smear the toasted bread with the cream cheese. Top with the rinsed leaves and the sun-dried tomatoes. Drizzle over the reduction (to taste) and garnish with the picked oregano (to taste). Enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	1058kj
Energy	253kcal
Protein	7.2g
Carbs	38g
of which sugars	12g
Fibre	2.7g
Fat	9g
of which saturated	4.5g
Sodium	416mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
2 Days