

Ugcook

Pesto Toast & Creamy Feta

with fresh green leaves & crispy onion bits

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Hellen Mwanza

Nutritional Info	Per 100g	Per Portion
Energy	1391kJ	4217kJ
Energy	332kcal	1008kcal
Protein	11.3g	34.3g
Carbs	27g	81g
of which sugars	1.8g	5.5g
Fibre	5.5g	16.6g
Fat	21.7g	65.8g
of which saturated	6.4g	19.4g
Sodium	411mg	1246mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Dumpy Health Bread
50g	100g	Danish-style Feta <i>drain</i>
50ml	100ml	Lemon Cream <i>(5ml [10ml] Lemon Juice & 45ml [90ml] Sour Cream)</i>
40ml	80ml	Pesto Princess Basil Pesto
5g	10g	Crispy Onion Bits
10g	20g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **GOOD. BETTER. FETA!** In a bowl, mix together the feta and the lemon cream until combined and creamy. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the green leaves. Close up and enjoy!