



UCOOK

Grilled Cheese & Basil Pesto Pita

with kalamata olives

Cheese, basil, and sun-dried tomatoes - a taste bud trio that's very difficult to beat, especially when the cheese is oozing out of a perfectly toasted pita. Sided with a creamy feta & briny olive salad.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Samantha du Toit

Veggie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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Ingredients & Prep

60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Pitted Kalamata Olives <i>drain & roughly chop</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
90g	Danish-style Feta <i>drain & crumble</i>
150ml	Pesto Princess Basil Pesto
90g	Grated Mozzarella Cheese
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
8g	Fresh Basil <i>rinse, pick & roughly tear</i>
3	Pita Breads <i>cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. LET'S START WITH SALAD In a salad bowl, toss together the shredded leaves, the chopped olives, the cucumber half-moons, the crumbled feta, a drizzle of olive oil, and a pinch of pepper.

2. PERFECT PITA In a bowl, combine the pesto, the grated mozzarella, the chopped sun-dried tomatoes, and ½ the torn basil. Open up the halved pitas and stuff with the cheesy pesto filling. Brush the outside of the pitas with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pitas until the pitas are brown and the cheese is melted, 30-60 seconds per side. Alternatively, grill in a sandwich maker if you have one.

3. DOUBLE YUM Plate up the grilled cheese pitas. Garnish with the remaining basil. Side with the feta & olive salad. There are few things better, Chef!

Nutritional Information

Per 100g

Energy	1002kJ
Energy	240kcal
Protein	8g
Carbs	19g
of which sugars	2.9g
Fibre	2.1g
Fat	14.2g
of which saturated	4.5g
Sodium	466mg

Allergens

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

Eat
Within
3 Days