



uCOOK

Tomato Turkey Toastie

with cheddar cheese

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1232kJ	3408kJ
Energy	295kcal	815kcal
Protein	10.2g	28.3g
Carbs	26g	71g
of which sugars	2.7g	7.4g
Fibre	2.4g	5.2g
Fat	16g	44.3g
of which saturated	4.8g	13.4g
Sodium	676.5mg	1870.6mg

Allergens: Sulphites, Soy, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Hellmann's Tangy Mayo
15ml	30ml	Pesto Princess Sun-dried Tomato Pesto
50g	100g	Grated Cheddar Cheese
1 pack	2 packs	Sliced Smoked Turkey
2 slices	4 slices	Farmstyle White Bread

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TASTY TURKEY TOAST** In a small bowl, combine the pesto and the mayo. Smear the pesto mayo on 1 [2] bread slice/s. Top with the turkey and the cheese. Close up the sandwich with the remaining bread slice/s and pop it in the microwave. Heat the sandwich in a microwave until softened and the cheese is melted, 15 seconds. Alternatively, toast in a sandwich maker.