



UCCOOK

Open Sourdough Sandwich

with hummus, cucumber & goat's cheese

Words won't be able to express hummus you like this sandwich, Chef! Warmed sourdough bread is smeared with a freshly made crushed pea & hummus spread, then topped with cucumber rounds, crunchy sunflower seeds, and creamy goat's cheese.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

100g	Peas
160ml	Hummus
4 slices	Sourdough Bread
100g	Cucumber <i>rinse & slice into thin rounds</i>
20g	Sunflower Seeds
5g	Fresh Dill <i>rinse & pick</i>
50g	Chevin Goat's Cheese

From Your Kitchen

Salt & Pepper
Water

1. MAKE THE SPREAD Boil the kettle. In a bowl, submerge the peas in boiling water until plump, 2-3 minutes. Drain and mix in the hummus, crushing the peas to form a slightly chunky paste.

2. WARM BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

3. HAP-PEA EATING, CHEF! Spread the crushed pea & hummus mixture onto the toasted bread slices. Top with the cucumber slices, the sunflower seeds, and the picked dill (to taste). Crumble over the goat's cheese and season.

Nutritional Information

Per 100g

Energy	765kJ
Energy	183kcal
Protein	7.2g
Carbs	24g
of which sugars	2.3g
Fibre	3.1g
Fat	6.3g
of which saturated	1.9g
Sodium	324mg

Allergens

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

Eat
Within
2 Days