

# QCOOK

## Ricotta & Olive Toast

with sourdough rye bread & walnuts

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	763kJ	2564kJ
Energy	183kcal	614kcal
Protein	5.2g	17.6g
Carbs	24g	80g
of which sugars	6g	20.2g
Fibre	1.5g	5g
Fat	5.9g	19.8g
of which saturated	1.6g	5.3g
Sodium	461mg	1548mg

**Allergens:** Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
30g	60g	Pitted Green Olives <i>drain &amp; roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
50g	100g	Ricotta Cheese
10g	20g	Walnuts <i>roughly chop</i>
1	1	Tomato <i>rinse &amp; slice into rounds</i>
15ml	30ml	Balsamic Reduction
10ml	20ml	Old Stone Mill Everything Bagel Spice

## From Your Kitchen

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Water

Seasoning (salt & pepper)

1. **LET'S START LUNCH** Toast the bread in a toaster. Alternatively, heat in the microwave for 15 seconds until softened. Allow to cool slightly before assembling.

2. **CHOP-CHOP** In a bowl, combine the olives, the parsley (to taste), the ricotta cheese, the walnuts, ½ the bagel spice, and seasoning.

3. **WOW!** Lay down the toasted bread and smear with the ricotta and olive mixture. Top with the slices of tomato and drizzle with the balsamic reduction. Garnish with the remaining bagel spice and dig in!