



# UCOOK

## Hummus & Za'atar Toast

with Danish-style feta & tomato

Sometimes lunch can be a bit of an afterthought. Not today, Chef! Toasted sourdough rye bread slices are elevated with a tangy tomato & creamy hummus smear, dotted with pops of sweet sultanas and shreds of peppery basil. Finished with crumbly feta and a fancy sprinkling of za'atar & sesame mix.

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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\*New Lunch

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## Ingredients & Prep

|          |                                                                                                  |
|----------|--------------------------------------------------------------------------------------------------|
| 8 slices | Rye Bread                                                                                        |
| 2        | Tomatoes<br><i>rinse &amp; roughly dice</i>                                                      |
| 60g      | Golden Sultanas                                                                                  |
| 40g      | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i>                                             |
| 20ml     | Lemon Juice                                                                                      |
| 400ml    | Hummus                                                                                           |
| 120g     | Danish-style Feta<br><i>drain</i>                                                                |
| 40ml     | Za'atar & Sesame Mix<br><i>(20ml White Sesame Seeds &amp; 20ml Old Stone Mill Za'atar Spice)</i> |

## From Your Kitchen

Salt & Pepper  
Water

**1. TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in the microwave until softened, 15 seconds. Allow to cool slightly before assembling. In a bowl, combine the diced tomato, the sultanas, the torn basil, lemon juice, and seasoning.

**2. MMM...HUMMUS** Spread the hummus on the bread. Top with the tomato & sultana mixture. Crumble over the feta and sprinkle over the za'atar & sesame mix.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 701kJ   |
| Energy             | 168kcal |
| Protein            | 5.8g    |
| Carbs              | 23g     |
| of which sugars    | 4.3g    |
| Fibre              | 2.5g    |
| Fat                | 5.8g    |
| of which saturated | 2.1g    |
| Sodium             | 363mg   |

## Allergens

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

Eat  
Within  
2 Days