

QCOOK

Pesto Toast & Creamy Feta

with fresh chives & crispy onion bits

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	1420kj	4206kj
Energy	339kcal	1006kcal
Protein	11.5g	34.2g
Carbs	27g	81g
of which sugars	1.9g	5.5g
Fibre	5.6g	16.5g
Fat	22.2g	65.8g
of which saturated	6.5g	19.4g
Sodium	418mg	1238mg

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

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

6 slices	8 slices	Dumpy Health Bread
150g	200g	Danish-style Feta <i>drain</i>
150ml	200ml	Lemon Cream <i>(15ml [20ml] Lemon Juice & 135ml [180ml] Sour Cream)</i>
125ml	160ml	Pesto Princess Basil Pesto
15g	20g	Crispy Onion Bits
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. BEGIN THE BREAD Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. GOOD. BETTER. FETA! In a bowl, mix together the feta and the lemon cream until combined and creamy. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the chives. Close up and enjoy!