



UCCOOK

Ricotta & Olive Toast

with sourdough rye bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	744kJ	2502kJ
Energy	178kcal	599kcal
Protein	5g	16.7g
Carbs	25g	84g
of which sugars	6g	20.2g
Fibre	1.5g	4.9g
Fat	5g	16.8g
of which saturated	1.7g	5.8g
Sodium	475mg	1597mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

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

From Your Kitchen

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 crispy onions, 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 crispy onions and dig in!