



UCOOK

Ricotta & Olive Open Sandwich

with sourdough rye bread & walnuts

Feast like the Greeks with this out-of-the-ordinary open sandwich, featuring a creamy ricotta, walnut, parsley & olive spread, topped with tangy tomato rounds and a rich balsamic reduction.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

6 slices	Sourdough Rye Bread
90g	Pitted Green Olives <i>drain & roughly chop</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	Ricotta Cheese
30g	Walnuts <i>roughly chop</i>
30ml	Old Stone Mill Everything Bagel Spice
2	Tomatoes <i>rinse & slice into rounds</i>
45ml	Balsamic Reduction

From Your Kitchen

Salt & Pepper
Water

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

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

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

Nutritional Information

Per 100g

Energy	763kJ
Energy	183kcal
Protein	5.2g
Carbs	24g
of which sugars	6g
Fibre	1.5g
Fat	5.9g
of which saturated	1.6g
Sodium	460.6mg

Allergens

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

Eat
Within
2 Days