



# UCCOOK

## 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.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

8 slices	Sourdough Rye Bread
120g	Pitted Green Olives <i>drain &amp; roughly chop</i>
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
200g	Ricotta Cheese
40g	Walnuts <i>roughly chop</i>
40ml	Old Stone Mill Everything Bagel Spice
2	Tomatoes <i>rinse &amp; slice into rounds</i>
60ml	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