



uCOOK

Middle Eastern Turkey Sandwich

with red pepper pesto

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1010kJ	2116kJ
Energy	242kcal	506kcal
Protein	10.1g	21.2g
Carbs	34g	70g
of which sugars	3.1g	6.4g
Fibre	2.3g	10g
Fat	7.9g	16.5g
of which saturated	0.7g	1.5g
Sodium	671.4mg	1406.5mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
35ml	70ml	Creamy Pesto (20ml [40ml] Mayo & 15ml [30ml] Pesto Princess Red Pepper Pesto)
10g	20g	Salad Leaves rinse
1 pack	2 packs	Sliced Smoked Turkey
5ml	10ml	Old Stone Mill Dukkah Spice

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **TASTY TURKEY SARMIE** Smear the creamy pesto over 1 [2] of the bread slice/s. Top with the salad leaves and the turkey slices. Sprinkle over the dukkah and close with the remaining bread slice/s. Just like that, lunch is ready, Chef!