



uCOOK

Tomato Turkey Toastie

with cheddar cheese

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1232kJ	3408kJ
Energy	295kcal	815kcal
Protein	10.2g	28.3g
Carbs	26g	71g
of which sugars	2.7g	7.4g
Fibre	2.4g	5.2g
Fat	16g	44.3g
of which saturated	4.8g	13.4g
Sodium	676.5mg	1870.6mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
125ml	160ml	Hellmann's Tangy Mayo
6 slices	8 slices	Farmstyle White Bread
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
3 packs	4 packs	Sliced Smoked Turkey
150g	200g	Grated Cheddar Cheese

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TASTY TURKEY TOAST** In a small bowl, combine the pesto and the mayo. Smear the pesto mayo on half the bread slices. Top with the turkey and the cheese. Close up the sandwich with the remaining bread slices and pop it in the microwave. Heat the sandwich in a microwave until softened and the cheese is melted, 15 seconds. Alternatively, toast in a sandwich maker.