

QCOOK

Grilled Cheese & Basil Pesto Pita

with kalamata olives

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	968kJ	3054kJ
Energy	232kcal	731kcal
Protein	8.4g	26.4g
Carbs	19g	59g
of which sugars	2.9g	9.1g
Fibre	2g	6.3g
Fat	14.2g	44.8g
of which saturated	4.7g	14.8g
Sodium	442mg	1396mg

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

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Danish-style Feta <i>drain & crumble</i>
50ml	100ml	Pesto Princess Basil Pesto
50g	100g	Grated Mozzarella Cheese
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>
1	2	Pita Bread/s <i>cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

1. LET'S START WITH SALAD In a salad bowl, toss together the salad leaves, olives, cucumber, feta, a drizzle of olive oil, and a pinch of pepper.

2. PERFECT PITA In a bowl, combine the pesto, mozzarella, sun-dried tomatoes, and ½ the basil. Open up the pita/s and stuff with the cheesy pesto filling. Brush the outside of the pita/s with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pita/s until the pita/s is/are brown and the cheese is melted, 30-60 seconds per side. Alternatively, grill in a sandwich maker if you have one.

3. DOUBLE YUM Plate up the grilled cheese pita/s. Garnish with the remaining basil. Side with the feta and olive salad. There are few things better, Chef!