

UCCOOK

Tahini Labneh & Honey Toast

with dried pear & green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	1438kJ	4165kJ
Energy	344kcal	996kcal
Protein	12.2g	35.4g
Carbs	38g	109g
of which sugars	11g	31.9g
Fibre	6.7g	19.3g
Fat	17.4g	50.3g
of which saturated	5.4g	15.7g
Sodium	498mg	1443mg

Allergens: Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Dumpy Health Bread
50ml	100ml	Labneh
10ml	20ml	Tahini
15ml	30ml	Honey
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Dried Pears <i>roughly slice</i>
15g	30g	Walnuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

1. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **AN ELEVATED EAT** In a bowl, combine the labneh and the tahini. Smear the toast with the tahini labneh. Drizzle over the honey. Top with the green leaves, the dried pears, and the walnuts. Very fancy for a weekday lunch, Chef!