



UCCOOK

Cottage Cheese & Sun-dried Tomato Toast

with pitted green olives & green leaves

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1045kJ	2737kJ
Energy	250kcal	654kcal
Protein	11.1g	29g
Carbs	32g	84g
of which sugars	3.6g	9.4g
Fibre	7.8g	20.3g
Fat	12g	31.3g
of which saturated	1.7g	4.5g
Sodium	448mg	1174mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Dumpy Health Bread
180ml	240ml	Low Fat Cottage Cheese
30g	40g	Green Leaves <i>rinse</i>
60g	80g	Pitted Green Olives <i>drain</i>
60g	80g	Sun-dried Tomatoes <i>drain</i>
30g	40g	Capers <i>drain</i>
8g	10g	Fresh Thyme <i>rinse & pick</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

- 1. START YOUR LUNCH** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. GRAB YOUR LUNCH** Smear the cottage cheese over the toast. Top with the green leaves and the olives, sun-dried tomatoes and capers. Garnish with the thyme (to taste). Season.