

UCCOOK

Pesto Toast & Creamy Feta

with fresh green leaves & crispy onion bits

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info	Per 100g	Per Portion
Energy	1391kJ	4217kJ
Energy	332kcal	1008kcal
Protein	11.3g	34.3g
Carbs	27g	81g
of which sugars	1.8g	5.5g
Fibre	5.5g	16.6g
Fat	21.7g	65.8g
of which saturated	6.4g	19.4g
Sodium	411mg	1246mg

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

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Dumpy Health Bread
150g	200g	Danish-style Feta <i>drain</i>
150ml	200ml	Lemon Cream <i>(15ml [20ml] Lemon Juice & 135ml [180ml] Sour Cream)</i>
125ml	160ml	Pesto Princess Basil Pesto
15g	20g	Crispy Onion Bits
30g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **GOOD. BETTER. FETA!** In a bowl, mix together the feta and the lemon cream until combined and creamy. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the green leaves. Close up and enjoy!