

UCCOOK

Creamy Feta & Pesto Toast

with fresh basil & crispy onion bits

Lunch is sorted today, Chef! Nestled between warm slices of health bread is a lemony, creamy, sour cream smear dotted with salty feta. Topped with dollops of basil pesto, crispy onion bits, and peppery basil.



Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Hellen Mwanza

*New Lunch

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Ingredients & Prep

2 slices	Health Bread
50g	Danish-style Feta <i>drain</i>
50ml	Lemon Cream <i>(5ml Lemon Juice & 45ml Sour Cream)</i>
40ml	Pesto Princess Basil Pesto
15ml	Crispy Onion Bits
5g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

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 picked basil. Close up and enjoy!

Nutritional Information

Per 100g

Energy	1416kj
Energy	338kcal
Protein	11g
Carbs	24g
of which sugars	1.8g
Fibre	4.7g
Fat	24g
of which saturated	7.3g
Sodium	442mg

Allergens

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

Eat
Within
3 Days