



# UCCOOK

## Ricotta & Olive Open Sandwich

with sourdough rye bread & walnuts

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 763kJ    | 2564kJ      |
| Energy             | 183kcal  | 614kcal     |
| Protein            | 5.2g     | 17.6g       |
| Carbs              | 24g      | 80g         |
| of which sugars    | 6g       | 20.2g       |
| Fibre              | 1.5g     | 5g          |
| Fat                | 5.9g     | 19.8g       |
| of which saturated | 1.6g     | 5.3g        |
| Sodium             | 461mg    | 1548mg      |

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

**Spice Level:** None

Eat Within 2 Days

**Ingredients & Prep Actions:**

|                 |                   |                                                        |
|-----------------|-------------------|--------------------------------------------------------|
| <b>Serves 3</b> | <b>[Serves 4]</b> |                                                        |
| 6 slices        | 8 slices          | Sourdough Rye Bread                                    |
| 90g             | 120g              | Pitted Green Olives<br><i>drain &amp; roughly chop</i> |
| 8g              | 10g               | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |
| 150g            | 200g              | Ricotta Cheese                                         |
| 30g             | 40g               | Walnuts<br><i>roughly chop</i>                         |
| 30ml            | 40ml              | Old Stone Mill Everything Bagel Spice                  |
| 2               | 2                 | Tomatoes<br><i>rinse &amp; slice into rounds</i>       |
| 45ml            | 60ml              | Balsamic Reduction                                     |

**From Your Kitchen**

Seasoning (Salt & Pepper)  
Water

- 1. LET'S START LUNCH** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
- 2. CHOP-CHOP** In a bowl, combine the olives, the parsley (to taste), the ricotta cheese, the walnuts, ½ the bagel spice, and seasoning.
- 3. WOW!** Lay down the toasted bread and smear with the ricotta and olive mixture. Top with the slices of tomato and drizzle with the balsamic reduction. Garnish with the remaining bagel spice and dig in!