

Eat Within 2 Days

Goat's Cheese & Chilli Tomato Jam Toast

with 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	710kJ	2059kJ
Energy	170kcal	493kcal
Protein	5.6g	16.3g
Carbs	29g	83g
of which sugars	8.5g	24.5g
Fibre	1.9g	5.5g
Fat	3.3g	9.6g
of which saturated	1.6g	4.8g
Sodium	242mg	703mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
30g	60g	Chevin Goat's Cheese
10g	20g	Green Leaves *rinse*
1	1	Tomato *rinse & slice into rounds*
30g	60g	Chaloner Tomato Chilli Jam

From Your Kitchen

Seasoning (salt & pepper)
Water

1. A TOAST TO TOAST Toast the bread in a toaster. Alternartively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. TASTY TOPPINGS Spread the toast with the goat's cheese. Top with the rinsed green leaves and tomato rounds. Dollop over the tomato chilli jam. Great work, Chef!