



# UCCOOK

## Goat's Cheese & Chilli Tomato Jam Toast

with green leaves

Redefine the expectations that cheese & tomato toast create by using creamy goat's cheese, a spicy chilli tomato jam, tangy rounds of tomato and fresh greens. This is sure to become your new favourite lunch, Chef!

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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\*New Lunch

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Ingredients & Prep

2 slices	Sourdough Rye Bread
30g	Chevin Goat's Cheese
10g	Green Leaves <i>rinse</i>
1	Tomato <i>rinse &amp; slice into rounds</i>
30g	Tomato Chilli Jam

From Your Kitchen

Salt & Pepper  
Water

1. **A TOAST TO TOAST** Toast the bread in a toaster. Alternatively, 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 the tomato rounds. Dollop over the tomato chilli jam. Great work, Chef!

Nutritional Information

Per 100g

Energy	710kj
Energy	170kcal
Protein	5.6g
Carbs	29g
of which sugars	8.5g
Fibre	1.9g
Fat	3.3g
of which saturated	1.6g
Sodium	242.4mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat  
Within  
2 Days