



# UCCOOK

## Cottage Cheese & Sun-dried Tomato Toast

with pitted green olives & green leaves

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	943kJ	3758kJ
Energy	225kcal	899kcal
Protein	9.3g	37g
Carbs	22g	89g
of which sugars	2.1g	8.5g
Fibre	5.5g	21.7g
Fat	11g	43.9g
of which saturated	4.5g	18g
Sodium	259mg	1031mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

8g	10g	Fresh Thyme <i>rinse &amp; pick</i>
30g	40g	Capers <i>drain</i>
60g	80g	Sun-dried Tomatoes <i>drain</i>
160ml	240ml	Low Fat Cottage Cheese
30g	40g	Green Leaves <i>rinse</i>
6 slices	8 slices	Dumpy Health Bread
60g	80g	Pitted Green Olives <i>drain</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

1. **START YOUR LUNCH** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **GRAB YOUR LUNCH** Smear the cottage cheese over the toast. Top with the green leaves and the olives, sun-dried tomatoes and capers. Garnish with the thyme (to taste). Season.