



# UCOOK

## Grilled Cheese & Basil Pesto Pita

with basil pesto & kalamata olives

Cheese, basil, and sun-dried tomatoes - a taste bud trio that's very difficult to beat, especially when the cheese is oozing out of a perfectly toasted pita. Sided with a creamy feta & briny olive salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

**Chef:** Samantha du Toit

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Veggie

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Paul Cluver | Sauvignon Blanc 2023

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## Ingredients & Prep

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60g	Green Leaves <i>rinse</i>
60g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
150g	Cucumber <i>rinse &amp; cut into half-moons</i>
90g	Danish-style Feta <i>drain &amp; crumble</i>
150ml	Pesto Princess Basil Pesto
90g	Grated Mozzarella Cheese
60g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
8g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
3	Pita Breads <i>cut in half</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. LET'S START WITH SALAD** In a salad bowl, toss together the rinsed green leaves, the chopped olives, the cucumber half-moons, the crumbled feta, a drizzle of olive oil, and a pinch of pepper.

**2. PERFECT PITAS** In a bowl, combine the pesto, the grated mozzarella, the chopped sun-dried tomatoes, and ½ the torn basil. Open up the halved pitas and stuff with the cheesy pesto filling. Brush the outside of the pitas with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pitas until the pitas are brown and the cheese is melted, 30-60 seconds per side. Alternatively, grill in a sandwich maker if you have one.

**3. DOUBLE YUM** Plate up the grilled cheese pitas. Garnish with the remaining basil. Side with the feta & olive salad. There are few things better, Chef!

## Nutritional Information

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Per 100g

Energy	1054kJ
Energy	252kcal
Protein	8.1g
Carbs	20g
of which sugars	2.8g
Fibre	2.9g
Fat	15.3g
of which saturated	4.8g
Sodium	403mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
4 Days