



# UCOOK

## Cucumber Cream Cheese Toast

with bagel spice

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	788kJ	2391kJ
Energy	188kcal	572kcal
Protein	5.6g	16.9g
Carbs	25g	77g
of which sugars	3.2g	9.7g
Fibre	1.5g	4.7g
Fat	6.9g	21.1g
of which saturated	3.7g	11.3g
Sodium	423mg	1283mg

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

**Spice Level:** None

Eat Within 2 Days

### Ingredients & Prep Actions:

**Serves 1** [\[Serves 2\]](#)

2 slices	4 slices	Sourdough Bread
50ml	100ml	Cream Cheese
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
3g	5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
100g	200g	Cucumber <i>rinse &amp; slice into rounds</i>
5ml	10ml	Old Stone Mill Everything Bagel Spice
20ml	40ml	Crispy Onion Bits

### From Your Kitchen

Seasoning (salt & pepper)  
Water

- 1. START WITH THE SOURDOUGH** Toast the bread in a toaster. Allow to cool slightly before assembling. Alternatively, heat in a microwave until softened, 15 seconds.
- 2. CREAMY CREAM CHEESE** In a small bowl, mix together the cream cheese, the sun-dried tomatoes and the parsley. Season.
- 3. PICTURE PERFECT** Smear each half of the toast with the cream cheese mixture, and top with the cucumber, the bagel spice, and the crispy onions. Enjoy.