

# QCOOK

## Pesto Toast & Creamy Feta

with fresh chives & crispy onion bits

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Hellen Mwanza

### Nutritional Info

	Per 100g	Per Portion
Energy	1420kj	4206kj
Energy	339kcal	1006kcal
Protein	11.5g	34.2g
Carbs	27g	81g
of which sugars	1.9g	5.5g
Fibre	5.6g	16.5g
Fat	22.2g	65.8g
of which saturated	6.5g	19.4g
Sodium	418mg	1238mg

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

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
2 slices	4 slices	Dumpy Health Bread
50g	100g	Danish-style Feta <i>drain</i>
50ml	100ml	Lemon Cream <i>(5ml [10ml] Lemon Juice &amp; 45ml [90ml] Sour Cream)</i>
40ml	80ml	Pesto Princess Basil Pesto
5g	10g	Crispy Onion Bits
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

**1. BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

**2. GOOD. BETTER. FETA!** In a bowl, mix together the feta and the lemon cream until combined and creamy. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the chives. Close up and enjoy!