



UCCOOK

Cheesy Tomato Turkey Toastie

with cheddar cheese

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1429kJ	3952kJ
Energy	342kcal	945kcal
Protein	10.1g	27.9g
Carbs	24g	67g
of which sugars	2.7g	7.4g
Fibre	4.6g	12.4g
Fat	22g	60.7g
of which saturated	5.8g	16.2g
Sodium	588.3mg	1626.6mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Hellmann's Tangy Mayo
15ml	30ml	Pesto Princess Sun-dried Tomato Pesto
2 slices	4 slices	Farmstyle White Bread
1 pack	2 packs	Sliced Smoked Turkey
50g	100g	Grated Cheddar Cheese

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TASTY TURKEY TOAST** In a small bowl, combine the pesto and the mayo. Smear the pesto mayo on 1 [2] bread slice/s. Top with the turkey and the cheese. Close up the sandwich with the remaining bread slice/s and pop it in the microwave. Heat the sandwich in a microwave until softened and the cheese is melted, 15 seconds. Alternatively, toast in a sandwich maker.