



uCOOK

Dukkah-spiced Turkey Sandwich

with red pepper pesto

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	1019kJ	2192kJ
Energy	244kcal	524kcal
Protein	10g	21.6g
Carbs	33g	72g
of which sugars	3.1g	6.8g
Fibre	1.7g	3.7g
Fat	8.2g	17.7g
of which saturated	0.8g	1.6g
Sodium	680mg	1461mg

Allergens: Sulphites, Peanuts, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
40ml	80ml	Pesto Mayo <i>(20ml [40ml] Mayo & 20ml [40ml] Pesto Princess Red Pepper Pesto)</i>
10g	20g	Salad Leaves <i>rinse</i>
1 pack	2 packs	Sliced Smoked Turkey
5ml	10ml	Old Stone Mill Dukkah Spice

From Your Kitchen

Water

Seasoning (salt & pepper)

1. **BEGIN WITH BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **TASTY TURKEY SARMIE** Smear the pesto mayo over 1 [2] of the bread slice/s. Top with the salad leaves and the turkey slices. Sprinkle over the dukkah and close with the remaining bread slice/s. Just like that, lunch is ready, Chef!