



UCOOK

Goat's Cheese, Cranberry & Pecan Toast

with green leaves

Drowning under a mounting 'to do' list? Honey has been shown to reduce stress, so enjoy a great lunch today that improves your mood too, Chef! Toasted sourdough bread is covered in an extra creamy cream cheese & goat's cheese medley, crispy greens, sweet pops of cranberries, crunchy nuts & a hot honey drizzle.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

2 slices	Sourdough Rye Bread
15ml	Honey
25g	Chevin Goat's Cheese
30ml	Cream Cheese
10g	Green Leaves <i>rinse</i>
20g	Dried Cranberries <i>roughly chop</i>
10g	Pecan Nuts <i>roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. TOAST & HOT HONEY Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. Heat the honey in the microwave for 10-20 seconds for an easy drizzle.

2. EXTRA CHEESE, PLEASE! In a bowl, combine the goat's cheese, and the cream cheese. Smear the toast with the cheese mix, and top with the rinsed leaves, the chopped cranberries, and the chopped nuts. Drizzle over the hot honey.

Nutritional Information

Per 100g

Energy	1024kJ
Energy	288kcal
Protein	7.8g
Carbs	41g
of which sugars	11g
Fibre	4g
Fat	10.3g
of which saturated	4.6g
Sodium	288mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts,
Cow's Milk

Eat
Within
2 Days