



UCOOK

Grilled Cheese & Basil Pesto Pitas

with basil pesto & kalamata olives

Cheese, basil, and sun-dried tomatoes - a taste bud trio that's very difficult to beat, especially when the cheese is oozing out of a perfectly toasted pita. Sided with a creamy feta & briny olive salad.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Neil Ellis Wines | Neil Ellis West Coast
Sauvignon blanc 2023

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Ingredients & Prep

| | |
|------|---|
| 20g | Green Leaves <i>rinse</i> |
| 20g | Pitted Kalamata Olives <i>drain & roughly chop</i> |
| 50g | Cucumber <i>rinse & cut into half-moons</i> |
| 30g | Danish-style Feta <i>drain & crumble</i> |
| 50ml | Pesto Princess Basil Pesto |
| 30g | Grated Mozzarella Cheese |
| 20g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 3g | Fresh Basil <i>rinse, pick & roughly tear</i> |
| 1 | Pita Bread <i>cut in half</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. LET'S START WITH SALAD In a salad bowl, toss together the rinsed green leaves, the chopped olives, the cucumber half-moons, the crumbled feta, a drizzle of olive oil, and seasoning.

2. PERFECT PITAS In a bowl, combine the pesto, the grated mozzarella, the chopped sun-dried tomatoes, and ½ the torn basil. Open up the halved pita and stuff with the cheesy pesto filling. Brush the outside of the pitas with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pitas until the pitas are brown and the cheese is melted, 30-60 seconds per side. Alternatively, grill in a sandwich maker if you have one.

3. DOUBLE YUM Plate up the grilled cheese pitas. Garnish with the remaining basil. Side with the feta & olive salad. There are few things better, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 1054kJ |
| Energy | 252kcal |
| Protein | 8.1g |
| Carbs | 20g |
| of which sugars | 2.8g |
| Fibre | 2.9g |
| Fat | 15.3g |
| of which saturated | 4.8g |
| Sodium | 403mg |

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within
4 Days