



UCCOOK

Creamy Sun-dried Tomato & Toast

with balsamic reduction

Welcome to the sophisticated version of a cheese & tomato sarmie, Chef! Warm sourdough rye slices are topped with cream cheese, tangy sun-dried tomato, drizzles of rich balsamic vinegar, & fresh greens. Garnished with herbaceous oregano.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 3 People

Chef: Jade Summers

*New Lunch

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Ingredients & Prep

6 slices	Sourdough Rye Bread
150ml	Cream Cheese
30g	Green Leaves <i>rinse</i>
150	Sun-dried Tomatoes <i>drain</i>
45ml	Balsamic Reduction
8g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Salt & Pepper
Water

1. TASTY TOAST Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. OPEN SANDWICH Smear the toasted bread with the cream cheese. Top with the rinsed leaves and the sun-dried tomatoes. Drizzle over the reduction (to taste) and garnish with the picked oregano (to taste). Enjoy, Chef!

Nutritional Information

Per 100g

Energy	1058kj
Energy	253kcal
Protein	7.2g
Carbs	38g
of which sugars	12g
Fibre	2.7g
Fat	9g
of which saturated	4.5g
Sodium	416mg

Allergens

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

Eat
Within
2 Days