



# U**COOK**

## Pesto Toast & Creamy Feta

with fresh basil & crispy onion bits

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Hellen Mwanza

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1411kj   | 4209kj      |
| Energy             | 337kcal  | 1006kcal    |
| Protein            | 11.5g    | 34.3g       |
| Carbs              | 27g      | 81g         |
| of which sugars    | 1.8g     | 5.4g        |
| Fibre              | 5.5g     | 16.5g       |
| Fat                | 22.1g    | 65.8g       |
| of which saturated | 6.5g     | 19.4g       |
| Sodium             | 415mg    | 1238mg      |

**Allergens:** Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

Ingredients & Prep Actions:

|          |            |                                   |
|----------|------------|-----------------------------------|
| Serves 3 | [Serves 4] |                                   |
| 6 slices | 8 slices   | Dumpy Health Bread                |
| 150g     | 200g       | Danish-style Feta<br><i>drain</i> |
| 15ml     | 20ml       | Lemon Juice                       |
| 135ml    | 180ml      | Sour Cream                        |
| 125ml    | 160ml      | Pesto Princess Basil Pesto        |
| 15g      | 20g        | Crispy Onion Bits                 |
| 15g      | 20g        | Fresh Basil<br><i>rinse</i>       |

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **GOOD. BETTER. FETA!** In a bowl, mix together the feta, sour cream and lemon juice. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the basil. Close up and enjoy!