



U**COOK**

Pesto Toast & Creamy Feta

with fresh basil & crispy onion bits

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

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 1	[Serves 2]	
2 slices	4 slices	Dumpy Health Bread
50g	100g	Danish-style Feta <i>drain</i>
5ml	10ml	Lemon Juice
45ml	90ml	Sour Cream
40ml	80ml	Pesto Princess Basil Pesto
5g	10g	Crispy Onion Bits
5g	10g	Fresh Basil <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!