



UCOOK

Grilled Cheese & Basil Pesto Pita

with 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

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Ingredients & Prep

| | |
|------|---|
| 20g | Salad Leaves <i>rinse & roughly shred</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 shredded leaves, the chopped olives, the cucumber half-moons, the crumbled feta, a drizzle of olive oil, and a pinch of pepper.

2. PERFECT PITA 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 pita with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pita until the pita is 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 pita. Garnish with the remaining basil. Side with the feta & olive salad. There are few things better, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 1002kJ |
| Energy | 240kcal |
| Protein | 8g |
| Carbs | 19g |
| of which sugars | 2.9g |
| Fibre | 2.1g |
| Fat | 14.2g |
| of which saturated | 4.5g |
| Sodium | 466mg |

Allergens

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

Eat
Within
3 Days