



uCOOK

Sun-dried Tomato, Turkey & Hummus Toast

with sourdough bread

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	957kJ	2277kJ
Energy	229kcal	544kcal
Protein	10g	23.8g
Carbs	32g	77g
of which sugars	2.2g	5.3g
Fibre	3.1g	7.3g
Fat	6.6g	15.7g
of which saturated	0.5g	1.1g
Sodium	749mg	1783mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Bread
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
150ml	200ml	Avocado Hummus
15ml	20ml	Old Stone Mill Everything Bagel Spice
3 units	4 units	Sliced Smoked Turkey
30g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. LET'S START** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. MUNCH ON LUNCH** Spread the sun-dried tomato pesto over the bread slice/s. Top with the avo hummus and the everything bagel spice. Add the turkey slices, garnishing with the green leaves. Enjoy, Chef!