



UCCOOK

Cottage Cheese & Sun-dried Tomato Toast

with pitted green olives & green leaves

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	943kj	3758kj
Energy	225kcal	899kcal
Protein	9.3g	37g
Carbs	22g	89g
of which sugars	2.1g	8.5g
Fibre	5.5g	21.7g
Fat	11g	43.9g
of which saturated	4.5g	18g
Sodium	259mg	1031mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

8g	10g	Fresh Thyme <i>rinse & pick</i>
60g	80g	Sun-dried Tomatoes <i>drain</i>
30g	40g	Green Leaves <i>rinse</i>
60g	80g	Pitted Green Olives <i>drain</i>
160ml	240ml	Low Fat Cottage Cheese
30g	40g	Capers <i>drain</i>
6 slices	8 slices	Dumpy Health Bread

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **START YOUR LUNCH** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **GRAB YOUR LUNCH** Smear the cottage cheese over the toast. Top with the green leaves and the olives, sun-dried tomatoes and capers. Garnish with the thyme (to taste). Season.