



uCOOK

Tomato & Turkey Toastie

with cheddar cheese

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	1129kJ	2484kJ
Energy	270kcal	594kcal
Protein	12.3g	27g
Carbs	30g	65g
of which sugars	2.9g	6.5g
Fibre	1.3g	2.8g
Fat	10.2g	22.5g
of which saturated	4.9g	10.7g
Sodium	667mg	1467mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
125ml	160ml	Hellmann's Tangy Mayo
6 slices	8 slices	Farmstyle White Bread
3 units	4 units	Sliced Smoked Turkey
150g	200g	Grated Cheddar Cheese

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TASTY TURKEY TOAST** In a small bowl, combine the pesto and the mayo. Smear the pesto mayo on half the bread slices. Top with the turkey and the cheese. Close up the sandwich with the remaining bread slices and pop it in the microwave. Heat the sandwich in a microwave until softened and the cheese is melted, 15 seconds. Alternatively, toast in a sandwich maker.