



UCOOK

Hummus & Za'atar Toast

with Danish-style feta & tomato

Sometimes lunch can be a bit of an afterthought. Not today, Chef! Toasted sourdough rye bread slices are elevated with a tangy tomato & creamy hummus smear, dotted with pops of sweet sultanas and shreds of peppery basil. Finished with crumbly feta and a fancy sprinkling of za'atar & sesame mix.

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Serves: 1 Person

Chef: Suné van Zyl

*New Lunch

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Ingredients & Prep

2 slices	Rye Bread
1	Tomato <i>rinse & roughly dice</i>
15g	Golden Sultanas
10g	Fresh Basil <i>rinse, pick & roughly tear</i>
5ml	Lemon Juice
100ml	Hummus
30g	Danish-style Feta <i>drain</i>
10ml	Za'atar & Sesame Mix <i>(5ml White Sesame Seeds & 5ml Old Stone Mill Za'atar Spice)</i>

From Your Kitchen

Salt & Pepper
Water

1. TASTY TOAST Toast the bread in a toaster. Alternatively, heat in the microwave until softened, 15 seconds. Allow to cool slightly before assembling. In a bowl, combine the diced tomato, the sultanas, the torn basil, lemon juice, and seasoning.

2. MMM...HUMMUS Spread the hummus on the bread. Top with the tomato & sultana mixture. Crumble over the feta and sprinkle over the za'atar & sesame mix.

Nutritional Information

Per 100g

Energy	701kJ
Energy	168kcal
Protein	5.8g
Carbs	23g
of which sugars	4.3g
Fibre	2.5g
Fat	5.8g
of which saturated	2.1g
Sodium	363mg

Allergens

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

Eat
Within
2 Days