

# UCCOOK

## Tahini Labneh & Honey Toast

with dried pear & green leaves

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1438kJ	4165kJ
Energy	344kcal	996kcal
Protein	12.2g	35.4g
Carbs	38g	109g
of which sugars	11g	31.9g
Fibre	6.7g	19.3g
Fat	17.4g	50.3g
of which saturated	5.4g	15.7g
Sodium	498mg	1443mg

**Allergens:** Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk

**Spice Level:** None



Eat Within 2 Days

## Ingredients & Prep Actions:

---

Serves 3 [\[Serves 4\]](#)

6 slices	8 slices	Dumpy Health Bread
150ml	200ml	Labneh
30ml	40ml	Tahini
45ml	60ml	Honey
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Dried Pears <i>roughly slice</i>
45g	60g	Walnuts <i>roughly chop</i>

## From Your Kitchen

---

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

1. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **AN ELEVATED EAT** In a bowl, combine the labneh and the tahini. Smear the toast with the tahini labneh. Drizzle over the honey. Top with the green leaves, the dried pears, and the walnuts. Very fancy for a weekday lunch, Chef!