

UCCOOK

Tahini, Labneh & Honey Toast

with dried pear & green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1378kJ	3993kJ
Energy	330kcal	955kcal
Protein	12.1g	35.1g
Carbs	34g	98g
of which sugars	7.4g	21.4g
Fibre	6.4g	18.4g
Fat	17.3g	50.2g
of which saturated	5.4g	15.7g
Sodium	498mg	1442mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Dumpy Health Bread
50ml	100ml	Labneh
10ml	20ml	Tahini
15ml	30ml	Honey
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Dried Pears <i>roughly slice</i>
15g	30g	Walnuts <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

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!