



UCCOOK

Creamy Sun-dried Tomato Toast

with balsamic reduction

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1064kJ	2581kJ
Energy	254kcal	617kcal
Protein	7.2g	17.5g
Carbs	38g	93g
of which sugars	12.1g	29.3g
Fibre	2.7g	6.6g
Fat	9g	21.9g
of which saturated	4.5g	11g
Sodium	418mg	1014.1mg

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

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Balsamic Reduction
7,5ml	10ml	Dried Chilli Flakes
30g	40g	Green Leaves <i>rinse</i>
150ml	200ml	Cream Cheese
150g	200g	Sun-dried Tomatoes <i>drain</i>
6 slices	8 slices	Sourdough Bread

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. OPEN SANDWICH** Smear the toasted bread with the cream cheese. Top with the leaves and the sun-dried tomatoes. Drizzle over the balsamic reduction (to taste) and finish off with the chilli flakes (to taste). Enjoy, Chef!