

QCOOK

Ricotta & Olive Toast

with sourdough rye bread & walnuts

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	763kJ	2564kJ
Energy	183kcal	614kcal
Protein	5.2g	17.6g
Carbs	24g	80g
of which sugars	6g	20.2g
Fibre	1.5g	5g
Fat	5.9g	19.8g
of which saturated	1.6g	5.3g
Sodium	461mg	1548mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Rye Bread
90g	120g	Pitted Green Olives <i>drain & roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	200g	Ricotta Cheese
30g	40g	Walnuts <i>roughly chop</i>
2	2	Tomatoes <i>rinse & slice into rounds</i>
45ml	60ml	Balsamic Reduction
30ml	40ml	Old Stone Mill Everything Bagel Spice

From Your Kitchen

Water
Seasoning (salt & pepper)

- 1. LET'S START LUNCH** Toast the bread in a toaster. Alternatively, heat in the microwave for 15 seconds until softened. Allow to cool slightly before assembling.
- 2. CHOP-CHOP** In a bowl, combine the olives, the parsley (to taste), the ricotta cheese, the walnuts, ½ the bagel spice, and seasoning.
- 3. WOW!** Lay down the toasted bread and smear with the ricotta and olive mixture. Top with the slices of tomato and drizzle with the balsamic reduction. Garnish with the remaining bagel spice and dig in!