



uCOOK

Sun-dried Tomato, Turkey & Hummus Toast

with seeded sourdough bread

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	957kj	2277kj
Energy	229kcal	544kcal
Protein	10g	23.8g
Carbs	32g	77g
of which sugars	2.2g	5.3g
Fibre	3.1g	7.3g
Fat	6.6g	15.7g
of which saturated	0.5g	1.1g
Sodium	749mg	1783mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
15ml	30ml	Pesto Princess Sun-dried Tomato Pesto
50ml	100ml	Avocado Hummus
5ml	10ml	Old Stone Mill Everything Bagel Spice
1 pack	2 packs	Sliced Smoked Turkey
10g	20g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. LET'S START Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. MUNCH ON LUNCH Spread the sun-dried tomato pesto over the bread slice/s. Top with the avo hummus and the everything bagel spice. Add the turkey slices, garnishing with the green leaves. Enjoy, Chef!