



UCCOOK

Feta Cheese & Chilli Tomato Jam Toast

with 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	735kJ	2131kJ
Energy	176kcal	511kcal
Protein	5.5g	16.1g
Carbs	28g	82g
of which sugars	8.2g	23.8g
Fibre	1.9g	5.5g
Fat	4g	11.6g
of which saturated	1.9g	5.6g
Sodium	311.3mg	902.7mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
30g	60g	Danish-style Feta <i>drain</i>
10g	20g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse & slice into rounds</i>
30g	60g	Chaloner Tomato Chilli Jam

From Your Kitchen

Seasoning (salt & pepper)
Water

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

2. TASTY TOPPINGS Spread the toast with the feta cheese. Top with the green leaves and the tomato. Dollop over the tomato chilli jam. Great work, Chef!