



UCCOOK

Carrot Pickle & Cream Cheese Toast

with cucumber & crispy onions

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1115kJ	3568kJ
Energy	267kcal	853kcal
Protein	8.9g	28.6g
Carbs	27g	85g
of which sugars	1.7g	5.6g
Fibre	5.6g	18g
Fat	15.2g	48.7g
of which saturated	4.1g	13.2g
Sodium	687mg	2198mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Dumpy Health Bread
150ml	200ml	Cream Cheese
30g	40g	Salad Leaves <i>rinse</i>
120g	160g	Razia's Carrot Pickle
150g	200g	Cucumber <i>rinse & cut into rounds</i>
45g	60g	Crispy Onion & Nut Mix <i>(15g [20g] Crispy Onion Bits & 30g [40g] Almonds)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. BREAD** Toast the bread in a toaster. Alternatively, heat the bread in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. LUNCH IS READY** Smear the cream cheese on the bread slices, top with the salad leaves, the carrot pickle and the cucumber. Sprinkle over the crispy onion & nut mix and finish with a crack of seasoning.