

# UCCOOK

## Creamy Feta & Pesto Toast

with fresh basil & crispy onion bits

Lunch is sorted today, Chef! Nestled between warm slices of health bread is a lemony, creamy, sour cream smear dotted with salty feta. Topped with dollops of basil pesto, crispy onion bits, and peppery basil.



---

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

---

**Serves:** 2 People

---

**Chef:** Hellen Mwanza

---

\*New Lunch

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

|          |                                                                |
|----------|----------------------------------------------------------------|
| 4 slices | Health Bread                                                   |
| 100g     | Danish-style Feta<br><i>drain</i>                              |
| 100ml    | Lemon Cream<br><i>(10ml Lemon Juice &amp; 90ml Sour Cream)</i> |
| 80ml     | Pesto Princess Basil Pesto                                     |
| 30ml     | Crispy Onion Bits                                              |
| 10g      | Fresh Basil<br><i>rinse &amp; pick</i>                         |

## From Your Kitchen

---

Salt & Pepper  
Water

**1. BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

**2. GOOD. BETTER. FETA!** In a bowl, mix together the feta and the lemon cream until combined and creamy. Spread the toast with the creamy feta. Drizzle over the pesto. Scatter over the crispy onion bits and garnish with the picked basil. Close up and enjoy!

## Nutritional Information

Per 100g

---

|                    |         |
|--------------------|---------|
| Energy             | 1416kJ  |
| Energy             | 338kcal |
| Protein            | 11g     |
| Carbs              | 24g     |
| of which sugars    | 1.8g    |
| Fibre              | 4.7g    |
| Fat                | 24g     |
| of which saturated | 7.3g    |
| Sodium             | 442mg   |

---

## Allergens

Egg, Gluten, Allium, Wheat, Tree Nuts,  
Cow's Milk

Eat  
Within  
3 Days