



UcOoK

Sun-dried Tomato, Turkey & Hummus Toast

with seeded sourdough bread

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	963kJ	2224kJ
Energy	230kcal	532kcal
Protein	10.2g	23.5g
Carbs	32g	75g
of which sugars	2.2g	5.1g
Fibre	2.6g	6g
Fat	6.6g	15.1g
of which saturated	0.4g	0.8g
Sodium	771mg	1780mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Bread
45ml	60ml	Pesto Princess Sun-dried Tomato Pesto
150ml	200ml	Avocado Hummus
15ml	20ml	Old Stone Mill Everything Bagel Spice
3 packs	4 packs	Sliced Smoked Turkey
8g	10g	Fresh Basil <i>rinse & roughly chop</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 slices. Top with the avo hummus and the everything bagel spice. Add the turkey slices, garnishing with the basil. Enjoy, Chef!