

# UCCOOK

## Grilled Cheese & Basil Pesto Pita

with kalamata olives

**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 968kJ    | 3054kJ      |
| Energy             | 232kcal  | 731kcal     |
| Protein            | 8.4g     | 26.4g       |
| Carbs              | 19g      | 59g         |
| of which sugars    | 2.9g     | 9.1g        |
| Fibre              | 2g       | 6.3g        |
| Fat                | 14.2g    | 44.8g       |
| of which saturated | 4.7g     | 14.8g       |
| Sodium             | 442mg    | 1396mg      |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                           |
|----------|------------|-----------------------------------------------------------|
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>          |
| 60g      | 80g        | Pitted Kalamata Olives<br><i>drain &amp; roughly chop</i> |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>        |
| 60g      | 80g        | Danish-style Feta<br><i>drain &amp; crumble</i>           |
| 150ml    | 200ml      | Pesto Princess Basil Pesto                                |
| 150g     | 200g       | Grated Mozzarella Cheese                                  |
| 60g      | 80g        | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>     |
| 8g       | 10g        | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i>      |
| 3        | 4          | Pita Bread<br><i>cut in half</i>                          |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter (optional)

Seasoning (Salt & Pepper)

**1. LET'S START WITH SALAD** In a salad bowl, toss together the salad leaves, olives, cucumber, feta, a drizzle of olive oil, and a pinch of pepper.

**2. PERFECT PITA** In a bowl, combine the pesto, mozzarella, sun-dried tomatoes, and ½ the basil. Open up the pitas and stuff with the cheesy pesto filling. Brush the outside of the pitas with butter (optional) or oil. Place a pan over medium heat. When hot, toast the filled pita/s until the pitas are brown and the cheese is melted, 30-60 seconds per side. Alternatively, grill in a sandwich maker if you have one.

**3. DOUBLE YUM** Plate up the grilled cheese pitas. Garnish with the remaining basil. Side with the feta and olive salad. There are few things better, Chef!