



UCOOK

Tahini Labneh & Honey Toast

with dried pear & green leaves

Traffic on the way to work put you in a bad mood, Chef? Turn that frown upside down with a very fancy and exotic lunch consisting of toasted health bread smeared with a tahini labneh spread, a Middle Eastern mix of nutty and cheesy flavours. Drizzled with honey and finished with sweet dried pears and crunchy walnuts.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 2 People

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

4	Health Bread Slices
100ml	Labneh
20ml	Tahini
30ml	Honey
40g	Green Leaves <i>rinse</i>
40g	Dried Pears <i>roughly slice</i>
30g	Walnuts

From Your Kitchen

Water
Seasoning (salt & pepper)

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

2. AN ELEVATED EAT In a bowl, combine the labneh and the tahini. Smear the toast with the tahini labneh. Drizzle over the honey. Top with the rinsed green leaves, the sliced dried pears, and the walnuts. Very fancy for a weekday lunch, Chef!

Nutritional Information

Per 100g

Energy	1378kj
Energy	330kcal
Protein	12.1g
Carbs	34g
of which sugars	7.4g
Fibre	6.4g
Fat	17.3g
of which saturated	5.4g
Sodium	498mg

Allergens

Cow's Milk, Gluten, Sesame, Wheat,
Tree Nuts

Eat
Within
3 Days