



# UCOOK

## Tangy Pesto & Chickpea Toast

**with crispy onion bits & sun-dried tomatoes**

With toppings as unique as these, this sarmie is anything but boring, Chef! A freshly made smashed chickpea & Pesto Princess Basil Pesto creme is spread on warm toast, followed by fresh, crisp greens, tangy sun-dried tomato & sprinkles of crispy onion bits.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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\*New Lunch

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Ingredients & Prep

From Your Kitchen

Salt & Pepper  
Water

1. **START WITH SOURDOUGH** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **CHICKPEA & PESTO CREME** In a bowl, smash the drained chickpeas with a fork until chunky. Combine with the pesto crème and seasoning.
3. **SAVOURY SARMIE** Top the toast with the rinsed leaves and the creamy chickpea & pesto mix. Scatter over the chopped sun-dried tomatoes (to taste) and the crispy onions. Dig in, Chef!

Nutritional Information

Per 100g

Energy	1155kj
Energy	276kcal
Protein	7.4g
Carbs	31g
of which sugars	3.6g
Fibre	2.9g
Fat	13.3g
of which saturated	4.5g
Sodium	389mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
2 Days