



UCOOK

Grilled Cheese & Basil Pesto Pitas

with basil pesto & kalamata olives

Cheese, basil, and sun-dried tomatoes - a taste bud trio that's very difficult to beat, especially when the cheese is oozing out of a perfectly toasted pita. Sided with a creamy feta & briny olive salad.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Samantha du Toit

 Veggie

 Neil Ellis Wines | Neil Ellis West Coast
Sauvignon blanc 2023

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Ingredients & Prep

60g	Green Leaves <i>rinse</i>
60g	Pitted Kalamata Olives <i>drain & roughly chop</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
90g	Danish-style Feta <i>drain & crumble</i>
150ml	Pesto Princess Basil Pesto
90g	Grated Mozzarella Cheese
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
8g	Fresh Basil <i>rinse, pick & roughly tear</i>
3	Pita Breads <i>cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. LET'S START WITH SALAD In a salad bowl, toss together the rinsed green leaves, the chopped olives, the cucumber half-moons, the crumbled feta, a drizzle of olive oil, and seasoning.

2. PERFECT PITAS In a bowl, combine the pesto, the grated mozzarella, the chopped sun-dried tomatoes, and ½ the torn basil. Open up the halved 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 pitas 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 & olive salad. There are few things better, Chef!

Nutritional Information

Per 100g

Energy	1054kJ
Energy	252kcal
Protein	8.1g
Carbs	20g
of which sugars	2.8g
Fibre	2.9g
Fat	15.3g
of which saturated	4.8g
Sodium	403mg

Allergens

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

Cook
within
4 Days