



uCOOK

Cucumber Cream Cheese Toast

with bagel spice

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	788kJ	2391kJ
Energy	188kcal	572kcal
Protein	5.6g	16.9g
Carbs	25g	77g
of which sugars	3.2g	9.7g
Fibre	1.5g	4.7g
Fat	6.9g	21.1g
of which saturated	3.7g	11.3g
Sodium	423mg	1283mg

Allergens: Cow's Milk, 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
150ml	200ml	Cream Cheese
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
300g	400g	Cucumber <i>rinse & slice into rounds</i>
15ml	20ml	Old Stone Mill Everything Bagel Spice
60ml	80ml	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. START WITH THE SOURDOUGH** Toast the bread in a toaster. Allow to cool slightly before assembling. Alternatively, heat in a microwave until softened, 15 seconds.
- 2. CREAMY CREAM CHEESE** In a small bowl, mix together the cream cheese, the sun-dried tomatoes and the parsley. Season.
- 3. PICTURE PERFECT** Smear each half of the toast with the cream cheese mixture, and top with the cucumber, the bagel spice, and the crispy onions. Enjoy.