



# High Protein Hot Chilli Honey, Chicken & Feta Toast

EASY • 15 MINS

The ultimate high protein flavour bomb perfect for Breakfast, Lunch or a mid-afternoon snack. This isn't your average toast. Try the recipe that that broke the internet for yourself!



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
5 mins

**SERVINGS**  
2

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

For the Toast: • 3 tsps of [Capilano Hot Chilli Honey](#)

- ½ cup shredded chicken
- ½ cup diced cucumber
- ¼ cup diced red onion
- 1 tbsp chopped coriander
- 2 tbsps. sliced almonds
- ¼ cup crumbled feta cheese
- 2 tbsp Cottage cheese

• 2 pieces of sour dough bread sliced To Garnish:  
¼ cup fresh coriander leaves 1 tbsp [Capilano Hot Chilli Honey](#)

## Method

1. In a bowl combine hot chilli honey, shredded chicken, diced cucumber, red onion, coriander, sliced almonds, feta cheese and cottage cheese together.
2. Toast your slices of sourdough
3. Top the sourdough with your mix
4. Bake in oven at 180 degrees for 5-10 minutes
5. Sprinkle over the cheese, then place into the airfryer to bake 4 minutes or until golden brown
6. Serve up, drizzle with Hot Chilli Honey and enjoy!

Used in this recipe



### Capilano Hot Chilli Honey

Available at



Honey with a Kick!

Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses premium Australian floral honey with fiery flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and spicy with this hot honey on your pizza, wings, tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

Visit [capilano-honey.com.au](http://capilano-honey.com.au) to learn how to swap honey for sugar in your recipes.

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