



# UCCOOK

## Sun-dried Tomato & Basil Ciabatta

with mozzarella & rocket

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jenna Peoples

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1039kJ   | 2780kJ      |
| Energy             | 249kcal  | 665kcal     |
| Protein            | 8.5g     | 22.9g       |
| Carbs              | 21g      | 55g         |
| of which sugars    | 3.8g     | 10.1g       |
| Fibre              | 2.4g     | 6.4g        |
| Fat                | 14.8g    | 39.7g       |
| of which saturated | 4.1g     | 11.1g       |
| Sodium             | 399.4mg  | 1068.5mg    |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

|      |       |                                                     |
|------|-------|-----------------------------------------------------|
| 1    |       | Ciabatta Roll/s                                     |
| 50ml | 100ml | Pesto Princess Basil Pesto                          |
| 50g  | 100g  | Mozzarella Cheese                                   |
| 20g  | 40g   | Sun-dried Tomatoes                                  |
| 10g  | 20g   | Green Leaves<br><i>rinse</i>                        |
| 50g  | 100g  | Cucumber<br><i>rinse &amp; cut into thin rounds</i> |

## From Your Kitchen

Seasoning (salt & pepper)

Water

**1. COLOURFUL, CRISPY CIABATTA** Halve the ciabatta roll/s and spread the basil pesto over the bottom half of the roll. Top with the mozzarella, and the sun-dried tomatoes. Close your roll and heat it in the microwave to melt the cheese, 10-15 seconds.

**2. ADD SOME FRESHNESS** Open the gooey roll and add the green leaves and cucumber. Season and close it up because lunch is ready, Chef!

**Chef's Tip** If you want a gooey but crisp sarmie, toast the halves before filling it and melting the cheese in the microwave.