



# WCOOK

## Caprese Flatbread

with creamy pesto & toasted sunflower seeds

**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

**Veggie:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	933.3kJ	3966.1kJ
Energy	223.2kcal	948.6kcal
Protein	7.1g	30.2g
Carbs	23.1g	98.1g
of which sugars	6.9g	29.4g
Fibre	1.3g	5.7g
Fat	11.1g	47g
of which saturated	3.9g	16.6g
Sodium	266mg	1132.3mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
10g	20g	Sunflower Seeds
80ml	160ml	Creamy Pesto <i>(30ml [60ml] Pesto Princess Basil Pesto &amp; 50ml [100ml] Sour Cream)</i>
2	4	Pita Flatbreads
1	2	Tomato/es <i>rinse &amp; cut into thin rounds</i>
5g	10g	Fresh Basil <i>rinse &amp; pick</i>
60g	120g	Mozzarella Cheese <i>grate</i>
20ml	40ml	Balsamic Reduction

## From Your Kitchen

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Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

1. **SUNNY SEEDS** Preheat the oven to 200°C. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **LOADED FLATBREAD** Smear the creamy pesto over the flatbreads. Top with the tomato/es and ½ of the basil. Cover with the cheese, and place in the hot oven until the cheese is melted and turning golden, 6-8 minutes.

3. **STUNNING** Plate up the flatbreads, top with the remaining basil, and drizzle over the balsamic reduction. Sprinkle over the sunflower seeds. Buon appetito, Chef!