



# uCOOK

## Biltong Caprese Sandwich

with basil pesto

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 1 & 2

**Chef:** Ethan Shahim

### Nutritional Info

	Per 100g	Per Portion
Energy	847kJ	2749kJ
Energy	203kcal	658kcal
Protein	13.9g	45.1g
Carbs	19g	61g
of which sugars	5.2g	17g
Fibre	2.4g	5.3g
Fat	7.3g	23.7g
of which saturated	3.1g	9.9g
Sodium	460mg	1495mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	2	Ciabatta Roll/s
50g	100g	Beef Biltong <i>roughly chop</i>
40ml	80ml	Pesto Cream Cheese <i>(30ml [60ml] Cream Cheese &amp; 10ml [20ml] Pesto Princess Basil Pesto)</i>
1	1	Tomato <i>rinse &amp; slice ½ [1] into rounds</i>
20g	40g	Mozzarella Cheese <i>slice</i>
2.5ml	5ml	Dried Chilli Flakes
10ml	20ml	Balsamic Reduction

## From Your Kitchen

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Water

Seasoning (salt & pepper)

**1. READY THE ROLL** Heat the roll/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

**2. SUPERB SANDWICH** Mix the biltong into the pesto cream cheese. Spread the mixture on one side of the roll, add the tomato, sliced mozzarella and chilli flakes. Drizzle with balsamic reduction, close the sandwich, and enjoy, Chef.