



# U<sup>U</sup>COOK

## Biltong Caprese Sandwich

with basil pesto

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 3 & 4

**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 3 | [Serves 4] |   |
| 3        | 4          | Ciabatta Rolls  |
| 150g     | 200g       | Beef Biltong<br><i>roughly chop</i>   |
| 120ml    | 165ml      | Pesto Cream Cheese<br><i>(90ml [120ml] Cream Cheese &amp; 30ml [40ml] Pesto Princess Basil Pesto)</i> |
| 2        | 2          | Tomatoes<br><i>rinse &amp; slice 1½ [2] into rounds</i>   |
| 60g      | 80g        | Mozzarella Cheese<br><i>slice</i>   |
| 7.5ml    | 10ml       | Dried Chilli Flakes   |
| 30ml     | 40ml       | Balsamic Reduction  |

## From Your Kitchen

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Water  
Seasoning (salt & pepper)

- 1. READY THE ROLL** Heat the rolls 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.