



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: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	936kJ	3883kJ
Energy	224kcal	929kcal
Protein	7.2g	30g
Carbs	24g	98g
of which sugars	7g	29.1g
Fibre	1.4g	5.7g
Fat	10.9g	45.1g
of which saturated	3.8g	15.6g
Sodium	272mg	1129mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

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

From Your Kitchen

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!

Chef's Tip