



U^UCOOK

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:

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

From Your Kitchen

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.