



UCCOOK

Caprese Flatbread

with creamy pesto & toasted sunflower seeds

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 3 & 4

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:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
240ml	320ml	Creamy Pesto <i>(90ml [120ml] Pesto Princess Basil Pesto & 150ml [200ml] Sour Cream)</i>
6	8	Pita Flatbreads
3	4	Tomatoes <i>rinse & cut into thin rounds</i>
15g	20g	Fresh Basil <i>rinse & pick</i>
180g	240g	Mozzarella Cheese <i>grate</i>
60ml	80ml	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 tomatoes and ½ of the basil. Cover with the cheese, and place in the hot oven until the cheese is melted and turning golden, 8-10 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!