

# UCOOK

## Olive & Mozzarella Homemade Flatbread

with basil & kalamata olives

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Waterkloof | Circumstance Petit Verdot

Nutritional Info	Per 100g	Per Portion
Energy	889.2kJ	5162.9kJ
Energy	212.6kcal	1234.3kcal
Protein	8.1g	46.8g
Carbs	37.2g	215.7g
of which sugars	5.2g	30.4g
Fibre	1.8g	10.3g
Fat	3.5g	20.4g
of which saturated	1.5g	8.6g
Sodium	487.3mg	2829.5mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None



Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

30ml	40ml	Balsamic Reduction
15g	20g	Fresh Basil <i>rinse &amp; pick</i>
3	4	Fresh Dough Balls
120g	160g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>
180g	240g	Mozzarella Cheese <i>grate</i>
150ml	200ml	Tomato Passata
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
60ml	80ml	Cake Flour
30ml	40ml	NOMU Italian Rub

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Butter (optional)

**1. CARAMELISED ONION** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**2. HOMEMADE TOMATO SAUCE & FLATBREAD** In a small bowl, combine the tomato passata, the NOMU rub, and seasoning. Sprinkle a flat surface with the cake flour. Using a rolling pin, roll out the pizza dough balls to form thin flat bases. Place the bases on an oven tray. Spread the tomato sauce over the bases and carefully place the tray in the oven. Cook until the bases are crispy, 10-12 minutes. You may need to do this step in batches.

**3. TASTY TOPPINGS** When the pizza has 3-4 minutes remaining, remove from the oven and top with the cheese, onions and olives. Season and return to the oven for the remaining time or until the cheese is melted.

**4. FANTASTIC FLATBREAD** Drizzle over balsamic reduction (to taste) and garnish with the basil. Finish off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!