



UCOOK

Chicken & Balsamic Onion Flatbread

with baby tomatoes & fresh basil

This flatbread recipe will be a highlight in your cooking journey, Chef! Golden, oven baked flatbread is layered with tangy baby tomatoes, shredded chicken, a creamy red pepper pesto drizzle, melted mozzarella cheese and torn fresh basil leaves.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

1	Red Onion <i>peeled & roughly sliced</i>
5ml	Balsamic Reduction
1	Free-range Chicken Breast
10ml	NOMU One For All Rub
45ml	Creamy Pesto <i>(15ml Pesto Princess Red Pepper Pesto & 30ml Sour Cream)</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
1	Flatbread
50g	Grated Mozzarella Cheese
4g	Fresh Basil <i>rinsed, picked & torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. CARAMELISED ONIONS 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 sliced onion until caramelised, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, toss through the balsamic reduction, and a splash of water. Remove from the pan, season, and cover.

2. COOK THE CHICKEN Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the heat and place on a chopping board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken, season, and set aside.

3. SOME PREP Place the creamy pesto in a bowl. Add water in 5ml increments until a drizzling consistency. Season and set aside. Coat the halved baby tomatoes with a drizzle of oil and season.

4. FLATBREAD Evenly spread the shredded chicken over the flatbread, top with the halved tomatoes, and sprinkle with the grated cheese. Carefully slide directly onto the oven rack and cook until the cheese has melted and the flatbread is golden, 8-10 minutes.

5. FLATBREAD FIESTA Plate up the loaded flatbread, scatter over the balsamic onions, drizzle over the creamy pesto, and garnish with the torn basil leaves. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	10.8g
Carbs	13g
of which sugars	3.1g
Fibre	1.3g
Fat	5.3g
of which saturated	2.4g
Sodium	254mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days