



# UCOOK

## Caprese Flatbread

**with creamy pesto & toasted sunflower seeds**

Nothing beats the classic combination of tomatoes, basil, mozzarella, and balsamic vinegar. We're upping the ante by smearing a flatbread with a sour cream & basil pesto creme, and topping it with roasted baby tomatoes, fresh rocket, and mozzarella cheese. Garnished with toasted sunflower seeds and lashings of balsamic reduction.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Morgan Otten

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Veggie

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Groote Post Winery | Groote Post Old Man's Blend White Blend 2020

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## Ingredients & Prep

240g	Baby Tomatoes <i>rinse &amp; halve</i>
30g	Sunflower Seeds
150ml	Creamy Pesto <i>(90ml Pesto Princess Basil Pesto &amp; 60ml Sour Cream)</i>
3	Naan Breads
60g	Green Leaves <i>rinse</i>
150g	Grated Mozzarella Cheese
30ml	Balsamic Reduction

## From Your Kitchen

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

**1. BLISTERED TOMATOES** Preheat the oven to 200°C. Spread the halved baby tomatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until blistered, 10-12 minutes (shifting halfway). Keep the oven on for Step 3.

**2. SUNNY SEEDS** 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.

**3. LOADED FLATBREAD** Smear the creamy pesto over the flatbreads. Top with the roasted tomatoes and ½ the rinsed green leaves. Cover with the grated cheese and place in the hot oven until the cheese is melted and turning golden, 8-10 minutes.

**4. STUNNING** Plate up the flatbreads, top with the remaining green leaves, and drizzle over the balsamic reduction. Sprinkle over the toasted sunflower seeds. Buon appetito, Chef!

## Nutritional Information

Per 100g

Energy	960kJ
Energy	230kcal
Protein	7.5g
Carbs	21g
of which sugars	5.3g
Fibre	1.6g
Fat	12.8g
of which saturated	4.1g
Sodium	314mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
4 Days