



# U C O O K

— COOKING MADE EASY

## Spring Panzanella Salad

**with goat's cheese crème, basil pesto & Schoon sourdough croutons**

Panzanella is a Tuscan salad of tomatoes and rebaked bread, popular in the summer. Our spring version features baby tomatoes, tangy pickled peppers, protein-rich spelt, homemade croutons, dollops of goat's cheese whipped with cream, and basil pesto. Delizioso!

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 **Vegetarian**

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## Ingredients & Prep

|       |  |
|-------|--|
| 400ml | Spelt Grain  |
| 20ml  | Vegetable Stock  |
| 800g  | Baby Tomatoes<br><i>rinsed &amp; halved</i>                      |
| 60ml  | Red Wine Vinegar   |
| 60ml  | Pesto Princess Basil Pesto                                       |
| 2     | Schoon Sourdough<br>Baguette<br><i>cut into bite-size chunks</i> |
| 80g   | Green Leaves<br><i>rinsed</i>                                    |
| 200g  | Pickled Bell Peppers<br><i>drained &amp; roughly<br/>chopped</i> |
| 100g  | Goat's Cheese  |
| 160ml | Cream  |
| 20g   | Fresh Basil<br><i>rinsed &amp; roughly chopped</i>               |

## From Your Kitchen

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

**1. SPELT: THE SUPERGRAIN!** Rinse the spelt and place in a pot with the stock. Submerge in 1L of water, place over a medium-high heat, and pop on a lid. Once boiling, reduce the heat and allow to simmer for 30-40 minutes with the lid slightly ajar. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. On completion, the spelt should be tender but bouncy. Drain if necessary and season to taste.

**2. WHILE THE SPELT IS ON THE GO...** Place a quarter of the baby tomato halves in a large salad bowl and pour over the red wine vinegar. Add a drizzle of oil and some seasoning. Toss to coat and set aside to marinate. Loosen the basil pesto with 1 tbsp of olive oil and set aside for serving.

**3. BLISTERED TOMATOES** Place a large pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the remaining tomatoes for 5-6 minutes until softened and blistered. Remove from the heat on completion and place in a bowl. Season to taste, cover, and set aside to keep warm.

**4. SOURDOUGH CROUTONS** Place the sourdough chunks in a bowl with 60ml of olive oil. Add a pinch of salt and toss until fully coated. Wipe down the pan and return it to a medium-high heat. When hot, toast the sourdough for 4-5 minutes until crispy and golden, shifting occasionally. Remove from the pan on completion and allow to drain on some paper towel. For the crispiest results, do this step in batches to avoid overcrowding the pan.

**5. SPELT SALAD & GOAT'S CHEESE CRÈME** When the spelt is cooked, add it to the bowl of marinated tomatoes. Gently toss through the rinsed green leaves, sourdough croutons, chopped pickled peppers, and blistered tomatoes. Place the goat's cheese and cream in a bowl and beat with a whisk or fork until smooth and fluffy.

**6. PANZANELLA PICK-ME-UP!** Plate up a heap of colourful panzanella salad and dollop with the goat's cheese crème. Drizzle over the basil pesto dressing and garnish with the fresh, chopped basil. Mangiamo! Let's eat!



## Chef's Tip

Although spelt is a relative of wheat, it's higher in both fiber and protein. Fiber helps your body to slow down digestion and absorption, reducing blood sugar spikes. Delicious in salads as an alternative to rice, bulgur wheat, or couscous.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 678kJ   |
| Energy             | 162Kcal |
| Protein            | 5.4g    |
| Carbs              | 20g     |
| of which sugars    | 3.9g    |
| Fibre              | 3.3g    |
| Fat                | 7.1g    |
| of which saturated | 3.2g    |
| Sodium             | 351mg   |

## Allergens

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

Cook  
within 1  
Day