



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!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Vegetarian**

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Ingredients & Prep

100ml	Spelt Grain
5ml	Vegetable Stock
200g	Baby Tomatoes <i>rinsed & halved</i>
15ml	Red Wine Vinegar
15ml	Pesto Princess Basil Pesto
1	Schoon Sourdough Baguette <i>cut into bite-size chunks</i>
20g	Green Leaves <i>rinsed</i>
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
25g	Goat's Cheese
40ml	Cream
5g	Fresh Basil <i>rinsed & 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 250ml 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 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 tsp of olive oil and set aside for serving.

3. BLISTERED TOMATOES Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the remaining tomatoes for 3-4 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 1 tbsp 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 3-4 minutes until crispy and golden, shifting occasionally. Remove from the pan on completion and allow to drain on some paper towel.

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. (Use the croutons to taste, reserving the remainder in an air-tight container for use in another salad or a soup!) 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**