



# UCCOOK

## Strandveld's Caprese Flatbread

with creamy pesto & toasted sunflower seeds

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 3 & 4

**Chef:** Strandveld Winery

**Wine Pairing:** Strandveld | Pofadderbos Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 936kJ    | 3883kJ      |
| Energy             | 224kcal  | 929kcal     |
| Protein            | 7.2g     | 30g         |
| Carbs              | 24g      | 98g         |
| of which sugars    | 7g       | 29.1g       |
| Fibre              | 1.4g     | 5.7g        |
| Fat                | 10.9g    | 45.1g       |
| of which saturated | 3.8g     | 15.6g       |
| Sodium             | 272mg    | 1129mg      |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                               |
|----------|------------|-------------------------------------------------------------------------------|
| 30g      | 40g        | Sunflower Seeds                                                               |
| 210ml    | 280ml      | Creamy Pesto<br>(90ml [120ml] Princess Basil Pesto, 120ml [160ml] Sour Cream) |
| 6        | 8          | Pita Flatbreads                                                               |
| 3        | 4          | Tomatoes<br><i>rinse &amp; cut into thin rounds</i>                           |
| 15g      | 20g        | Fresh Basil<br><i>rinse &amp; pick</i>                                        |
| 180g     | 240g       | Mozzarella Cheese<br><i>grate</i>                                             |
| 60ml     | 80ml       | Balsamic Reduction                                                            |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **SUNNY SEEDS** Preheat the oven to 200°C. 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.

2. **LOADED FLATBREAD** Smear the creamy pesto over the flatbreads. Top with the tomatoes and ½ of the basil. Cover with the cheese, and place in the hot oven until the cheese is melted and turning golden, 8-10 minutes.

3. **STUNNING** Plate up the flatbreads, top with the remaining basil, and drizzle over the balsamic reduction. Sprinkle over the sunflower seeds. Buon appetito, Chef!