



UCCOOK

Olive & Mozzarella Vegetarian Flatbread

with green leaves & kalamata olives

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | Circumstance Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	883kJ	5169kJ
Energy	211kcal	1236kcal
Protein	8g	46.8g
Carbs	37g	216g
of which sugars	5.2g	30.7g
Fibre	1.8g	10.4g
Fat	3.5g	20.5g
of which saturated	1.5g	8.6g
Sodium	484mg	2832mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

2	2	Onions <i>peel & roughly slice 1½ [2]</i>
150ml	200ml	Tomato Passata
30ml	40ml	NOMU Italian Rub
60ml	80ml	Cake Flour
3	4	Fresh Dough Balls
180g	240g	Mozzarella Cheese <i>grate</i>
120g	160g	Pitted Kalamata Olives <i>drain & roughly slice</i>
30ml	40ml	Balsamic Reduction
30g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)
Rolling Pin

1. CARAMELISED ONION 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 onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. HOMEMADE TOMATO SAUCE & FLATBREAD In a small bowl, combine the tomato passata, the NOMU rub, and seasoning. Sprinkle a flat surface with the cake flour. Using a rolling pin, roll out the dough balls to form thin flat bases. Place the bases on an oven tray. Spread the tomato sauce over the bases and carefully place the tray in the oven. Cook until the bases are crispy, 10-12 minutes. You may need to do this step in batches.

3. TASTY TOPPINGS When the flatbread/s has 3-4 minutes remaining, remove from the oven and top with the cheese, onions and olives. Season and return to the oven for the remaining time or until the cheese is melted.

4. FANTASTIC FLATBREAD Drizzle over balsamic reduction (to taste) and garnish with the green leaves. Finish off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!