



UCOOK

Caprese Sandwich

with mozzarella, fresh basil & pesto

Lunch is something you should look forward to, but that's difficult to do if your meal is always beyond boring. Make your co-workers jealous with this caprese-salad-turned-sandwich, with layers of fresh tomato, earthy basil, balsamic reduction & creamy mayo. Nestled between warm health bread to keep you going for the afternoon.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

6 slices	Health Bread
90ml	Mayo
45ml	Pesto Princess Basil Pesto
3	Tomatoes <i>rinse & slice</i>
120g	Mozzarella Cheese <i>slice</i>
8g	Fresh Basil <i>rinse, pick & roughly tear</i>
30ml	Balsamic Reduction

From Your Kitchen

Salt & Pepper
Water

1. WARM, SOFT BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. TAKE A BITE OF THIS! Spread the mayo over the bread. Drizzle over the pesto. Top with the tomato slices, the cheese slices, and the torn basil. Drizzle over the balsamic reduction and season. Close up and enjoy!

Chef's Tip

Use a toasted sandwich maker to toast your sandwich if you have one.

Nutritional Information

Per 100g

Energy	1119kJ
Energy	268kcal
Protein	8.7g
Carbs	26g
of which sugars	5.5g
Fibre	4.9g
Fat	15.6g
of which saturated	2.9g
Sodium	224mg

Allergens

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

Eat
Within
3 Days