



U!COOK

Classic Caprese Open Sandwich

with basil pesto

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	846.5kJ	2912.6kJ
Energy	202.7kcal	697.4kcal
Protein	6.6g	22.8g
Carbs	22.8g	78.4g
of which sugars	6.3g	21.8g
Fibre	1.2g	4.1g
Fat	9.1g	31.2g
of which saturated	2.8g	9.6g
Sodium	269.1mg	926mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Balsamic Reduction
20g	20g	Green Leaves <i>rinse & roughly shred ½ [all]</i>
50g	100g	Mozzarella Cheese <i>slice</i>
1	1	Tomato <i>rinse & slice ½ [1] into rounds</i>
40ml	80ml	Pesto Princess Basil Pesto
2 slices	4 slices	Sourdough Rye Bread

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **SOURDOUGH BASE** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **TASTY TOPPINGS** When the bread has cooled, smear the bottom of each half with the pesto, top with the green leaves, tomato, cheese, seasoning, and balsamic. Enjoy!