



# 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:** 20 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

 **Vegetarian**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

200ml	Spelt Grain
10ml	Vegetable Stock
400g	Baby Tomatoes <i>rinsed &amp; halved</i>
30ml	Red Wine Vinegar
30ml	Pesto Princess Basil Pesto
1	Schoon Sourdough Baguette <i>cut into bite-size chunks</i>
40g	Green Leaves <i>rinsed</i>
100g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
50g	Goat's Cheese
80ml	Cream
10g	Fresh Basil <i>rinsed &amp; 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 500ml 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 2 tsp of olive oil and set aside for serving.

**3. BLISTERED TOMATOES** Place a large pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the remaining tomatoes for 4-5 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 2 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. 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**