



# UCCOOK

## Olive & Mozzarella Vegetarian Flatbread

with green leaves & kalamata olives

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**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 1 [Serves 2]

|      |       |                                                            |
|------|-------|------------------------------------------------------------|
| 1    | 1     | Onion<br><i>peel &amp; roughly slice ½ [1]</i>             |
| 50ml | 100ml | Tomato Passata                                             |
| 10ml | 20ml  | NOMU Italian Rub                                           |
| 20ml | 40ml  | Cake Flour                                                 |
| 1    | 2     | Fresh Dough Ball/s                                         |
| 60g  | 120g  | Mozzarella Cheese<br><i>grate</i>                          |
| 40g  | 80g   | Pitted Kalamata Olives<br><i>drain &amp; roughly slice</i> |
| 10ml | 20ml  | Balsamic Reduction                                         |
| 10g  | 20g   | Green Leaves<br><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, 8-10 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 ball/s to form a thin flat base. Place the base on an oven tray. Spread the tomato sauce over the base and carefully place the tray in the oven. Cook until the base is crispy, 10-12 minutes.

**3. TASTY TOPPINGS** When the flatbread 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!