



UCOOK

Biltong & Camembert Flatbread

with fresh basil & caramelised onions

A crispy flatbread jam-packed with melted cheddar & mozzarella mix, caramelised onions, camembert and a classic South African snack: biltong! This flatbread fiesta will have your taste buds singing and your feet tapping under the dinner table!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

1	Onion <i>peeled & finely sliced</i>
2	Flatbreads
200g	Cooked Chopped Tomato
100g	Grated Mozzarella & Cheddar Cheese Mix
125g	Camembert <i>sliced</i>
50g	Free-range Beef Biltong
8g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. SWEET CARAMELISED, BUH, BUH, BUH! Preheat the oven to 200°C. Place a tray in the oven to heat up for the pizzas. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize it further. Remove from the pan on completion, cover, and set aside to keep warm.

2. FLATBREAD FIESTA Once the onions are done, increase the oven temperature to 220°C. Slide the flatbreads onto the tray and par bake for 3 minutes until lightly golden. Remove the flatbreads from the oven, leaving the tray inside to keep hot.

3. TIME TO ASSEMBLE Flip the bases onto the other side and smear on the cooked chopped tomato (to taste). Sprinkle over the grated cheese. Top with the caramelized onion, the camembert slices, and the biltong. Slide back onto the hot tray and bake for 6-8 minutes until the cheese is melted and golden and the bases are crispy.

4. IT'S CRUNCH TIME Garnish your biltong pizza with the torn basil. Add a grind of black pepper and a pinch of salt. Bon appetit, Chef!



Chef's Tip

Flatbread bases are sneaky things and can burn very easily, so keep your eyes peeled for rapidly browning edges!

Nutritional Information

Per 100g

Energy	752kj
Energy	180Kcal
Protein	11.2g
Carbs	18g
of which sugars	3.1g
Fibre	1.3g
Fat	6.5g
of which saturated	3.7g
Sodium	555mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days