



UCCOOK

Sun-dried Tomato & Basil Ciabatta

with mozzarella & rocket

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	1039kJ	2780kJ
Energy	249kcal	665kcal
Protein	8.5g	22.9g
Carbs	21g	55g
of which sugars	3.8g	10.1g
Fibre	2.4g	6.4g
Fat	14.8g	39.7g
of which saturated	4.1g	11.1g
Sodium	399.4mg	1068.5mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Ciabattini Rolls
150ml	200ml	Pesto Princess Basil Pesto
150g	200g	Mozzarella Cheese
60g	80g	Sun-dried Tomatoes
30g	40g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. COLOURFUL, CRISPY CIABATTA Halve the ciabatta rolls and spread the basil pesto over the bottom half of the roll. Top with the mozzarella, and the sun-dried tomatoes. Close your roll and heat it in the microwave to melt the cheese, 10-15 seconds.

2. ADD SOME FRESHNESS Open the gooey roll and add the green leaves and cucumber. Season and close it up because lunch is ready, Chef!

Chef's Tip If you want a gooey but crisp sarmie, toast the halves before filling it and melting the cheese in the microwave.