



# UCCOOK

## Caprese Flatbread

with creamy pesto & toasted sunflower seeds

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

**Veggie:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 936kJ    | 3883kJ      |
| Energy             | 224kcal  | 929kcal     |
| Protein            | 7.2g     | 30g         |
| Carbs              | 24g      | 98g         |
| of which sugars    | 7g       | 29.1g       |
| Fibre              | 1.4g     | 5.7g        |
| Fat                | 10.9g    | 45.1g       |
| of which saturated | 3.8g     | 15.6g       |
| Sodium             | 272mg    | 1129mg      |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 10g      | 20g        | Sunflower Seeds   |
| 80ml     | 160ml      | Creamy Pesto<br><i>(30ml [60ml] Pesto Princess<br/>Basil Pesto &amp; 50ml [100ml]<br/>Sour Cream)</i> |
| 2        | 4          | Pita Flatbreads   |
| 1        | 2          | Tomato/es<br><i>rinse &amp; cut into thin rounds</i>  |
| 5g       | 10g        | Fresh Basil<br><i>rinse &amp; pick</i>  |
| 60g      | 120g       | Mozzarella Cheese<br><i>grate</i>   |
| 20ml     | 40ml       | Balsamic Reduction  |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **SUNNY SEEDS** Preheat the oven to 200°C. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **LOADED FLATBREAD** Smear the creamy pesto over the flatbreads. Top with the tomato/es and ½ of the basil. Cover with the cheese, and place in the hot oven until the cheese is melted and turning golden, 6-8 minutes.

3. **STUNNING** Plate up the flatbreads, top with the remaining basil, and drizzle over the balsamic reduction. Sprinkle over the sunflower seeds. Buon appetito, Chef!

**Chef's Tip**