



UCOOK

Caprese Flatbread

with creamy pesto & toasted sunflower seeds

Nothing beats the classic combination of tomatoes, basil, mozzarella, and balsamic vinegar. We're upping the ante by smearing a flatbread with a sour cream & basil pesto creme, and topping it with roasted baby tomatoes, fresh rocket, and mozzarella cheese. Garnished with toasted sunflower seeds and lashings of balsamic reduction.

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

Veggie

Groote Post Winery | Groote Post Old Man's Blend White Blend 2020

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Ingredients & Prep

80g	Baby Tomatoes <i>rinse & halve</i>
10g	Sunflower Seeds
50ml	Creamy Pesto <i>(30ml Pesto Princess Basil Pesto & 20ml Sour Cream)</i>
1	Naan Bread
20g	Green Leaves <i>rinse</i>
50g	Grated Mozzarella Cheese
10ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BLISTERED TOMATOES Preheat the oven to 200°C. Spread the halved baby tomatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until blistered, 8-10 minutes (shifting halfway). Keep the oven on for Step 3.

2. SUNNY SEEDS 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.

3. LOADED FLATBREAD Smear the creamy pesto over the flatbread. Top with the roasted tomatoes and ½ the rinsed green leaves. Cover with the grated cheese and place in the hot oven until the cheese is melted and turning golden, 6-8 minutes.

4. STUNNING Plate up the flatbread, top with the remaining green leaves, and drizzle over the balsamic reduction. Sprinkle over the toasted sunflower seeds. Buon appetito, Chef!

Nutritional Information

Per 100g

Energy	960kJ
Energy	230kcal
Protein	7.5g
Carbs	21g
of which sugars	5.3g
Fibre	1.6g
Fat	12.8g
of which saturated	4.1g
Sodium	314mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
4 Days