



UCCOOK

Caprese Flatbread

with creamy pesto & toasted sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	867kJ	3074kJ
Energy	207kcal	735kcal
Protein	6.9g	24.5g
Carbs	20g	72g
of which sugars	6.4g	22.8g
Fibre	1.4g	4.9g
Fat	10.6g	37.5g
of which saturated	3.4g	12g
Sodium	252mg	894mg

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

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
150ml	200ml	Creamy Pesto <i>(90ml [120ml] Pesto Princess Basil Pesto & 60ml [80ml] Sour Cream)</i>
3	4	Pita Flatbreads
3	4	Tomatoes <i>rinse & cut into thin rounds</i>
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Grated Mozzarella Cheese
45ml	60ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **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.

2. **LOADED FLATBREAD** Smear the creamy pesto over the flatbreads. Top with the tomatoes and ½ of the green leaves. Cover with the grated cheese, and place in the hot oven until the cheese is melted and turning golden, 8-10 minutes.

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