



# Caprese Style Mozzarella Sourdough Baguette

with Pesto, Tomato and Wild Rocket

**Lunch** 15-20 Minutes • 1 of your 5 a day • Veggie

13A

Find all your unchilled Market items in bag A.



Slooo Stone Oven White Baguette



Medium Tomato



Mozzarella



Fresh Pesto



Wild Rocket

**Pantry Items**  
Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray and kitchen paper.

## Ingredients

Ingredients	Quantity
SlooOW Stone Oven White Baguette <b>3) 11) 13)</b>	1
Medium Tomato	2
Mozzarella** <b>7)</b>	2 balls
Fresh Pesto** <b>7)</b>	64g
Wild Rocket**	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>275g</b>	<b>100g</b>
Energy (kJ/kcal)	1854/443	674/161
Fat (g)	30.4	11.1
Sat. Fat (g)	14.0	5.1
Carbohydrate (g)	19.3	7.0
Sugars (g)	5.7	2.1
Protein (g)	20.2	7.4
Salt (g)	1.66	0.60

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **7)** Milk **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



## Warm the Baguette

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **bread** from the packaging and pop onto a baking tray.

**b)** Bake on the middle shelf of your oven until toasted and golden, 10-12 mins.

**c)** Meanwhile, thinly slice the **tomatoes** and generously season with **salt** and **pepper**.

**b)** Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper and thinly slice, then season with **salt** and **pepper**.

2



## Build your Sandwich

**a)** Once the **baguette** has baked, allow to cool for 5 mins, then slice in half lengthways.

**b)** Spread the **pesto** over the **base** of the **baguette**.

**c)** Arrange the **rocket** on top of the **pesto**.

3



## Finish and Serve

**a)** Top the **rocket** with the **tomato slices**.

**b)** Lay the **mozzarella** on top.

**c)** Sandwich on the **baguette lid**, slice in half widthways and share between 2 plates.

**TIP:** If you have any leftover ingredients, serve them on the side as a small salad if you'd like.

Enjoy!