

# Caprese Panini Sandwich with Mixed Salad

A classic caprese salad in a sandwich!

hellóchef

Cals 750 • Prot 32 • Carbs 80 • Fat 33

Vegetarian

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🕒 cook: 20 min

R3464



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Caprese	2 ppl	3 ppl	4 ppl	
Ciabatta <b>10*</b> , <b>11*</b>	2	3	4	Piece
Mozzarella ball <b>4*</b>	125	250	250	Grams
Grated mozzarella <b>4*</b>	60	90	120	Grams
Tomatoes	2	3	4	Piece
Green pesto <b>2*</b> , <b>4*</b>	50	75	100	Grams
Flaky sea salt	2	2	4	Grams
Black pepper	0.5	0.5	1	Tsp
Mixed salad				
Lollo salad mix	100	100	200	Grams
Olive oil	2	3	4	Tbsp
Balsamic vinegar glaze <b>14*</b>	20	30	40	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

**\*10 Wheat, \*11 Gluten, \*4 Milk, \*2 Tree Nuts, \*14 Sulphur Dioxide**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3148 / 750
Fat (g)	32.9
of which saturates (g)	13.8
Carbohydrate (g)	80
of which sugars (g)	10.4
Fiber (g)	5.7
Protein (g)	31.8
Salt (g)	2.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Slice the **ciabattas** open. Drain and squeeze the excess water out of the **fresh mozzarella** and slice. Slice the firm **mozzarella** into strips. Slice the **tomatoes**.



2 Fill paninis

Spread the **pesto** evenly on the bottom slice. Load it up with the sliced **tomatoes** followed by the **fresh** and firm **mozzarella**. Season with a generous pinch of **flaky salt** and a crack of **black pepper**. Close the sandwich.



3 Toast paninis

Heat a large pan over a medium-high heat (see pro tip!). Add the **ciabattas** and place a smaller pan directly on top of them. Place a heavy weight (e.g. several cans) onto the smaller pan and fry for 3 min per side or until golden and crispy. Flip them carefully!



4 Toss salad

Meanwhile, combine the mixed **salad** with the **olive oil, balsamic glaze, salt** and **pepper** in large salad bowl. Toss.



5 Serve

Slice the **paninis** in half and serve the mixed **salad** alongside.