



Caprese: tomato and mozzarella with herb pesto

Ingredients

Serves 4

For the Caprese

- 4 large tomatoes
- 80 g cherry tomatoes
- 3 scoops of mozzarella
- 1 handful of basil
- 30 g pine nuts
- 2 tbsp olive oil

- pepper

For the pesto

- 15 g basil
- 15 g parsley
- 30 g parmesan cheese
- 3 tbsp olive oil
- 20 g pine nuts
- 1 garlic clove
- salt, pepper

Preparation

For the pesto, peel and finely chop the garlic. Grate the parmesan finely. Roast the pine nuts in a pan briefly over medium heat. Pluck the herbs from the stalks and place them in a bowl together with the parmesan, pine nuts, olive oil and garlic and puree into a fine paste using a hand blender or mortar. Season with salt and pepper.

For the Caprese, wash the tomatoes, slice the big tomatoes, cut the cherry tomatoes in half and place them on a serving dish or plate. Pluck the mozzarella into small pieces and spread on the tomatoes. Pour the pesto on top and top with basil and pine nuts. Pour a little olive oil and freshly ground pepper over it and serve, e.g. with fresh baguette.

Preparation time: 20 minutes

Nutritions per person:

523 kcal / 2167.1 kj

5,4 g of carbohydrates

25,3 g protein

43,6 g fat