



# Crispy Serrano Tricolore Bruschetta

with Caramelised Red Onion and Rocket Salad

26

Calorie Smart 20 Minutes • 3 of your 5 a day • Under 650 Calories



Ciabatta



Garlic Clove



Medium Tomato



Red Onion



Avocado



Serrano Ham



Balsamic Vinegar



Wild Rocket



Mozzarella



Serrano Ham

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, garlic press, frying pan, kitchen paper and bowl.

## Ingredients

Ingredients	2P	3P	4P
Ciabatta <b>13)</b>	2	3	4
Garlic Clove**	2	3	4
Medium Tomato	2	3	4
Red Onion**	1	2	2
Avocado	1	2	2
Serrano Ham**	2 slices	3 slices	4 slices
Balsamic Vinegar <b>14)</b>	12ml	24ml	24ml
Wild Rocket**	40g	60g	80g
Mozzarella** <b>7)</b>	1 ball	1½ balls	2 balls
Serrano Ham**	2 slices	3 slices	4 slices

Pantry	2P	3P	4P
Sugar for the Onions*	1 tsp	2 tsp	2 tsp
Water for the Onions*	1 tbsp	1½tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	455g	100g	470g	100g
Energy (kJ/kcal)	2464 /589	543 /130	2612 /624	556 /133
Fat (g)	31.1	6.8	32.5	6.9
Sat. Fat (g)	10	2.2	10.4	2.2
Carbohydrate (g)	55.8	12.3	55.8	11.9
Sugars (g)	13.2	2.9	13.2	2.8
Protein (g)	24.4	5.4	30.0	6.4
Salt (g)	2.21	0.49	3.11	0.66

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

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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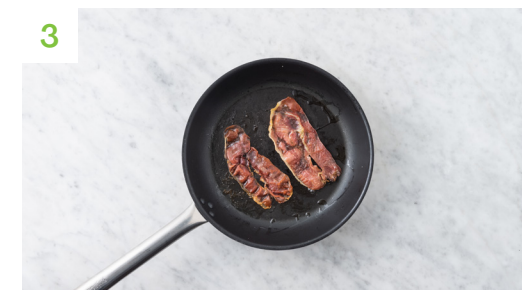
## 1 Prep the Ciabatta

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **ciabatta** and lay them, cut-side up, onto a baking tray.
- Peel and grate the **garlic** (or use a garlic press).
- Spread the **garlic** over the cut sides of the **ciabatta**. Drizzle over a little **olive oil** and set aside.



## 2 Bring on the Veg

- Cut the **tomatoes** into 1cm chunks.
- Halve, peel and thinly slice the **red onion**.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then chop into 2cm chunks.



## 3 Sizzle the Serrano

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, lay the **Serrano ham** in the pan and fry until crisp, 2-3 mins each side.
- Once crispy, transfer to a plate covered in kitchen paper. Set aside.

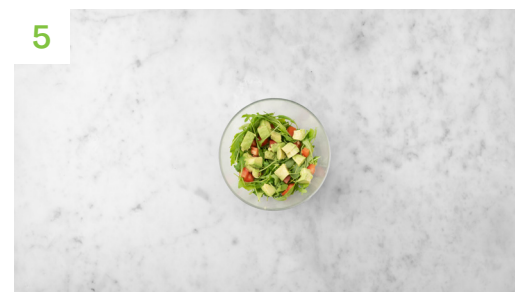
## CUSTOM RECIPE

If you've chosen to double up on **Serrano ham**, cook the recipe in the same way.



## 4 Caramelised Onion Time

- Pop the pan back onto medium-high heat with a drizzle more **oil** if needed.
- Once hot, add the **onion** and fry, stirring occasionally, until golden, 10-12 mins.
- Add the **sugar** and **water for the onions** (see pantry for both amounts) and **half the balsamic vinegar**. Lower the heat and cook until caramelised, 1-2 mins more, then remove from the heat.



## 5 Make your Salad

- Meanwhile, bake the **ciabatta** on the top shelf of your oven until golden, 2-3 mins.
- While the **ciabatta** bakes, add the **olive oil for the dressing** (see pantry for amount) and remaining **balsamic** to a large bowl.
- Season with **salt** and **pepper**, then mix together well.
- Just before serving, add the **tomatoes, avo** and **rocket** to the dressing. Toss to coat.



## 6 Finish and Serve

- When everything's ready, share the toasted **ciabatta halves** between your plates.
- Spoon over the **caramelised onions** and top with a handful of **salad**.
- Drain the **mozzarella**, then tear it into small pieces and place on top.
- Snap the **Serrano ham** into shards and scatter over the **bruschetta**. Serve any remaining **salad** alongside.

Enjoy!