



# Caprese Bruschetta with Serrano Crisps and Caramelised Red Onion Rocket Salad

**CLASSIC** 20 Minutes • 2.5 of your 5 a day

Nº 21



Ciabatta



Garlic



Baby Plum Tomatoes



Avocado



Spring Onion



Red Onion



Balsamic Vinegar



Serrano Ham



Rocket



Mozzarella



## CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!




# Before you start

## Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Ciabatta <b>11)</b> <b>13)</b>	2	3	4
Garlic**	2 cloves	3 cloves	4 cloves
Olive Oil-Ciabatta*	2 tbsp	3 tbsp	4 tbsp
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Avocado**	1	2	2
Spring Onion**	2	3	4
Red Onion**	1	2	2
Sugar*	1 tsp	2 tsp	2 tsp
Water*	1 tbsp	1½ tbsp	2 tbsp
Balsamic Vinegar <b>14)</b>	1 sachet	2 sachets	2 sachets
Serrano Ham**	2 slices	3 slices	4 slices
 Serrano Ham**	4 slices	6 slices	8 slices
Olive Oil-Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	1 pack	2 packs	2 packs
Mozzarella <b>7)</b> **	1 ball	1½ balls	2 balls

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

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

## Nutrition



	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	3151/753	729/174
Fat (g)	47	11
Sat. Fat (g)	16	4
Carbohydrate (g)	52	12
Sugars (g)	12	3
Protein (g)	30	7
Salt (g)	1.97	0.46
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	3297/788	738/176
Fat (g)	48	11
Sat. Fat (g)	16	4
Carbohydrate (g)	52	12
Sugars (g)	12	3
Protein (g)	36	8
Salt (g)	2.87	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses. Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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## 1. Get started

Preheat the oven to 200°C. Slice the **ciabattas** in half and lay them cut side up on a large baking tray in a single layer. Peel and grate the **garlic** (or use a garlic press) and pop in a small bowl with the **olive oil** (see ingredients for amount), mix well. Drizzle the **garlic oil** over the cut side of the **bread**. Season with **salt** and set aside for later.



## 2. Prep the Veg

Halve the **baby plum tomatoes**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board and chop into 2cm chunks. Trim the **spring onions** then slice thinly.




## 3. Caramelize the onion

Halve, peel and slice the **red onion** as thinly as you can. Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **red onion** to the pan and fry, stirring frequently until softened 6-8 mins. Add the **sugar**, **water** (see ingredients for amount), and **half** the **balsamic vinegar**, reduce the heat and simmer, stirring occasionally, 2-3 mins, until caramelised. Transfer the **onions** to a bowl. Wipe out your frying pan.



## 4. Serrano Ham Crisps

Return the frying pan to the heat over high heat. Add the **Serrano ham slices** and cook until golden and crispy, 1-2 mins each side. Transfer to a plate lined with kitchen roll and set aside. Meanwhile, bake the **ciabatta** on the top shelf of the oven until golden and crispy, 4-5 mins.

**CUSTOM RECIPE**

If you've doubled up on **serrano ham**, cook the extra **ham** in the same way, but you may need to cook the **serrano ham** in batches if your pan is small - you want to cook them in a single layer so they get crispy.



## 5. Make the Salad

Mix together the **olive oil** (see ingredients list for amount) and remaining **balsamic vinegar** in a large bowl. Season with **salt** and **pepper** and mix together. Pop the **tomatoes**, **avocado** and **spring onion** into the bowl with the **dressing**. Add the **rocket** and toss to coat everything evenly.



## 6. Put it all together

Place two **ciabatta halves** per person onto your plates. Divide the **caramelized onion** among the **ciabatta halves**. Top each **half** with a handful of the **salad mixture**. Drain the **mozzarella** and tear it into small pieces and place on top of the **salad**. Crumble the **serrano ham** into shards and arrange them on top.

## Enjoy!