



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

Rapid 20 Minutes • 2 of your 5 a day

14



Ciabatta



Garlic Clove



Baby Plum Tomatoes



Avocado



Spring Onion



Red Onion



Balsamic Vinegar



Serrano Ham



Rocket



Mozzarella

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan, Wooden Spoon, Kitchen Paper, Plate.

Ingredients

	2P	3P	4P
Ciabatta 11) 13)	2	3	4
Garlic Clove	2	3	4
Olive Oil for the Bread*	1½ tbsp	2 tbsp	3 tbsp
Baby Plum Tomatoes	125g	250g	250g
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 14)	1 sachet	2 sachets	2 sachets
Serrano Ham**	2 slices	3 slices	4 slices
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	80g	80g
Mozzarella 7) **	1 ball	1½ balls	2 balls

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	414g	100g
Energy (kJ/kcal)	3070 / 734	742 / 178
Fat (g)	45	11
Sat. Fat (g)	15	4
Carbohydrate (g)	52	13
Sugars (g)	13	3
Protein (g)	30	7
Salt (g)	1.73	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

a) 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.

b) Peel and grate the **garlic** (or use a garlic press) and pop into a small bowl with the **olive oil for the garlic bread** (see ingredients for amount), mix well.

c) Drizzle the **garlic oil** over the cut side of the **bread**. Season with **salt** and set aside for later.



Serrano Ham Crisps

a) Return the frying pan to high heat. Add the **serrano ham slices** and cook until golden and crispy, 1-2 mins each side.

b) Transfer to a plate lined with kitchen roll and set aside.

c) Meanwhile, bake the **ciabatta** on the top shelf of the oven until golden and crispy, 4-5 mins.



Prep the Veg

a) Halve the **baby plum tomatoes**. Halve the **avocado** and remove the stone.

b) Use a tablespoon to scoop out the flesh in one piece, then chop into 2cm chunks.

c) Trim and thinly slice the **spring onion**.



Make the Salad

a) Mix together the **olive oil** for the dressing (see ingredients list for amount) and remaining **balsamic vinegar** in a large bowl.

b) Season with **salt** and **pepper** and mix together. Pop the **tomatoes**, **avocado** and **spring onion** into the bowl with the dressing.

c) Add the **rocket** and toss to coat everything evenly.



Caramelize the Onion

a) 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.

b) Add the **red onion** to the pan and fry, stirring frequently until softened, 6-8 mins.

c) Add the **sugar**, **water** (see ingredients for both amounts), and **half** the **balsamic vinegar**, reduce the heat and simmer, stirring occasionally, 2-3 mins, until caramelised.

d) Transfer the **onions** to a bowl. Wipe out your frying pan.



Finish and Serve

a) Place two **ciabatta** halves per person onto your plates. Divide the **caramelised onion** among the **ciabatta** halves.

b) 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**.

c) Crumble the **serrano ham** into shards and arrange them on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.