



Crispy Serrano Caprese Bruschetta

with Caramelised Red Onion and Rocket Salad

Rapid 20 Minutes • 1 of your 5 a day

14



Ciabatta



Garlic Clove



Baby Plum Tomatoes



Red Onion



Spring Onion



Avocado



Serrano Ham



Balsamic Vinegar



Rocket



Mozzarella

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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

	2P	3P	4P
Ciabatta 13)	2	3	4
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Red Onion**	1	2	2
Spring Onion**	2	3	4
Avocado	1	2	2
Serrano Ham**	2 slices	3 slices	4 slices
Sugar for the Onion*	1 tsp	2 tsp	2 tsp
Water for the Onion*	1 tbsp	1½ tbsp	2 tbsp
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g
Mozzarella** 7)	1 ball	1½ balls	2 balls

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	2543 /608	596 /142
Fat (g)	32.9	7.7
Sat. Fat (g)	11.3	2.7
Carbohydrate (g)	54.4	12.7
Sugars (g)	12.3	2.9
Protein (g)	25.4	6.0
Salt (g)	2.27	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

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, 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.

Contact

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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.



Bring on the Veg

- Halve the **baby plum tomatoes**.
- Halve, peel and thinly slice the **red onion**.
- Trim and thinly slice the **spring onions**.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh onto a board, then chop into 2cm chunks.



Sizzle the Serrano

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When 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.



Caramelised Onion Time

- Pop the pan back onto medium-high heat with a drizzle more **oil** if needed.
- Once hot, add the **red onion** and stir-fry until softened, 6-8 mins.
- Add the **sugar** and **water for the onion** (see ingredients for both amounts) to the pan along with **half** the **balsamic vinegar**, then lower the heat and simmer until caramelised, stirring occasionally, 2-3 mins.
- Remove from the heat.



Make your Salad

- Meanwhile, bake the **ciabatta** on the top shelf of your oven until golden, 4-5 mins.
- While the **ciabatta** bakes, add the **olive oil for the dressing** (see ingredients for amount) and remaining **balsamic** into a large bowl.
- Season with **salt** and **pepper**, then mix together well.
- Just before serving, add the **tomatoes, avocado, spring onion** and **rocket** to the **dressing**. Toss to coat.



Finish and Serve

- When everything is ready, share the **toasted ciabatta** 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!