



# Honeyed Goat's Cheese Bruschetta

with Caramelised Red Onion and Walnuts

Special Sides 25 Minutes

1A



Ciabatta



Walnuts



Red Onion



Goat's Cheese



Honey



Balsamic Vinegar

## Before you start

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

## Cooking tools, you will need:

Frying Pan and Baking Tray.

## Ingredients

	Quantity
Ciabatta <b>11)</b> <b>13)</b>	2
Walnuts <b>2)</b>	20g
Red Onion**	1
Goat's Cheese** <b>7)</b>	125g
Honey	1 sachet
Balsamic Vinegar <b>14)</b>	1 sachet
Sugar*	1 tsp
Water*	50ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	222g	100g
Energy (kJ/kcal)	1935/462	874/209
Fat (g)	23	10
Sat. Fat (g)	10	5
Carbohydrate (g)	51	23
Sugars (g)	14	6
Protein (g)	17	8
Salt (g)	1.43	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 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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1



2



3



## Get Prepped

**a)** Preheat your oven to 200°C. Halve the **ciabattas** (as if you were making a sandwich), then halve them again into triangles.

**b)** Roughly chop the **walnuts**. Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a frying pan on medium-high heat.

**c)** Once hot, add the **red onion slices** and cook until softened, 8-10 mins. Stir occasionally.

## Bake the Bread

**a)** Meanwhile, pop your **ciabatta pieces** on a baking tray and drizzle with **olive oil**.

**b)** Break up the **goat's cheese** and divide between the **bread**. Spread it on with a knife, then drizzle over the **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

**c)** Season with **black pepper**, then bake in your oven until the **ciabatta** is golden, 8-10 mins.

## Finish and Serve

**a)** Once the **onion** is soft, add the **balsamic vinegar**, **sugar** and **water** (see ingredients for both amounts).

**b)** Season with **salt** and **pepper**, bring to the boil and simmer until the **mixture** is sticky and the **liquid** has evaporated, 2-3 mins, then remove from the heat.

**c)** Once the **ciabatta** is cooked, remove from the oven and transfer onto plates, spoon over the **caramelised onion** and sprinkle on the **walnuts**.

Enjoy!