

Honeyed Goat's Cheese Bruschetta with Caramelised Red Onion and Walnuts

Special Sides 25 Minutes











Walnuts



Red Onion



Goat's Cheese





Balsamic Vinegar

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Frying Pan and Baking Tray. Ingredients

	Quantity	
Ciabatta 11) 13)	2	
Walnuts 2)	20g	
Red Onion**	1	
Goat's Cheese** 7)	125g	
Honey	1 sachet	
Balsamic Vinegar 14)	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

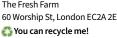
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Get Prepped

- 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!