



Mozzarella and Roasted Tomato Bruschetta

with Rocket, Capers and Balsamic Drizzle

Special Sides 25-30 Minutes • 1 of your 5 a day • Veggie

4A

Find all your unchilled Market items in bag A.



Garlic Clove



Baby Plum Tomatoes



Mozzarella



Ciabatta



Capers



Wild Rocket



Balsamic Glaze

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Aluminium foil, baking tray, kitchen scissors and bowl.

Ingredients

Ingredients	Quantity
Garlic Clove**	1
Baby Plum Tomatoes	250g
Mozzarella** 7)	1 ball
Ciabatta 13)	2
Capers	15g
Wild Rocket**	20g
Balsamic Glaze 14)	12ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	293g	100g
Energy (kJ/kcal)	1458 /349	499 /119
Fat (g)	10.8	3.7
Sat. Fat (g)	5.9	2.0
Carbohydrate (g)	48.1	16.5
Sugars (g)	8.3	2.8
Protein (g)	16.4	5.6
Salt (g)	1.44	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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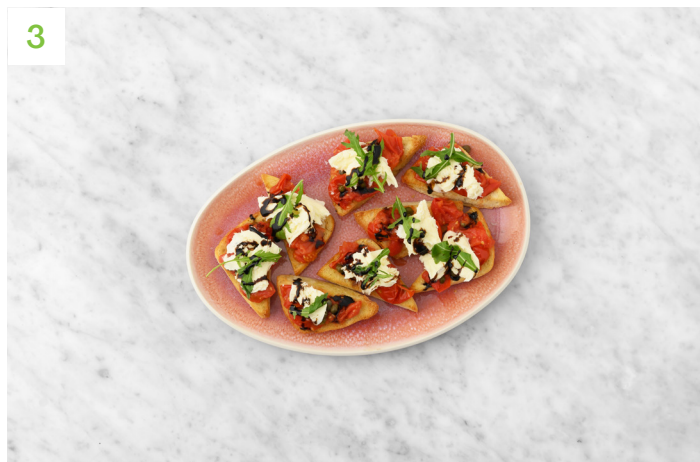
1



2



3



Roast the Tomatoes and Garlic

a) Preheat your oven to 200°C/180°C fan/gas mark 6.

b) Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

c) Pop the **tomatoes** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Add the **garlic parcel** to the tray.

d) Roast on the top shelf until the **tomatoes** are softened and starting to burst and the **garlic** is soft, 12-15 mins. Remove from the oven.

Ciabatta Time

a) While everything roasts, drain and tear the **mozzarella** into small pieces.

b) Halve the **ciabatta**, then cut diagonally into triangles. Drizzle the cut sides with **oil**.

c) When the **veg** is nearly roasted, pop the **ciabatta triangles**, cut-side up, onto another baking tray and bake on the middle shelf of your oven until golden, 2-3 mins.

Assemble your Bruschetta

a) Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork in a medium bowl.

b) Add the **roasted tomatoes** to the bowl of **garlic**, spooning in all the **juices** from the tray. Add the **capers**, then stir to combine.

c) Pop the **toasted ciabatta** onto a serving platter and top with the **tomato mixture**, **mozzarella pieces** and some **rocket**.

d) Finish with a drizzle of the **balsamic glaze**.

Enjoy!