



# Crispy Serrano Tricolore Bruschetta

with Caramelised Red Onion and Rocket Salad

50

Quick 20 Minutes • 2 of your 5 a day



Ciabatta



Garlic Clove



Mature Cheddar Cheese



Medium Tomato



Red Onion



Avocado



Serrano Ham



Balsamic Vinegar



Wild Rocket

### Recipe Update

Due to challenges with our supplier, you'll receive **Mature Cheddar Cheese** instead of **Mozzarella**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### 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

Ingredients	2P	3P	4P
Ciabatta <b>13</b> )	2	3	4
Mature Cheddar Cheese** <b>7</b> )	80g	120g	160g
Garlic Clove**	2	3	4
Medium Tomato	2	3	4
Red Onion	1	2	2
Avocado	1	2	2
Serrano Ham**	2 slices	3 slices	4 slices
Balsamic Vinegar <b>14</b> )	12ml	24ml	24ml
Wild Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Onions*	1 tsp	2 tsp	2 tsp
Water for the Onions*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	2671/638	629/150
Fat (g)	36.7	8.6
Sat. Fat (g)	13.2	3.1
Carbohydrate (g)	54.8	12.9
Sugars (g)	12.3	2.9
Protein (g)	25.7	6.1
Salt (g)	2.61	0.61

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, mollusc, 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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## 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.
- Grate the **Cheddar cheese**. Peel and grate the **garlic** (or use a garlic press).
- Spread the **garlic** over the cut sides of the **ciabatta**. Sprinkle over the **cheese**, then set aside for now.



### Bring on the Veg

- Cut the **tomatoes** into 1cm chunks.
- Halve, peel and thinly slice the **red onion**.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then chop into 2cm chunks.



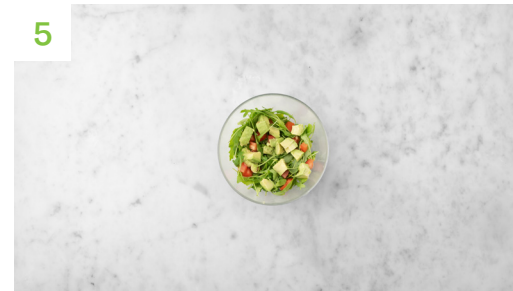
### Sizzle the Serrano

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once 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 **onion** and fry, stirring occasionally, until golden, 10-12 mins.
- Add the **sugar** and **water for the onions** (see pantry for both amounts) and **half the balsamic vinegar**. Lower the heat and cook until caramelised, 1-2 mins more, then remove from the heat.



### Make your Salad

- Meanwhile, bake the **ciabatta** on the top shelf of your oven until the cheese has melted, 3-4 mins.
- While the **ciabatta** bakes, add the **olive oil for the dressing** (see pantry for amount) and remaining **balsamic** to a large bowl.
- Season with **salt** and **pepper**, then mix together well.
- Just before serving, add the **tomatoes, avo** and **rocket** to the **dressing**. Toss to coat.



### Finish and Serve

- When everything's ready, share the **toasted cheesy ciabatta halves** between your plates.
- Spoon over the **caramelised onions** and top with a handful of **salad**.
- Snap the **Serrano ham** into shards and scatter over the **bruschetta**. Serve any remaining **salad** alongside.

## Enjoy!