










Goat's Cheese and Balsamic Tomato Bruschetta

with Caramelised Onions, Chips and Rocket

Classic 30-35 Minutes • 1 of your 5 a day • Veggie



-  Potatoes
-  Baby Plum Tomatoes
-  Red Onion
-  Balsamic Vinegar
-  Garlic Clove
-  Ciabatta
-  Goat's Cheese
-  Wild Rocket
-  Balsamic Glaze



The word 'bruschetta' comes from a verb in Romanesco dialect, meaning 'to toast', eventually becoming the name of this much-loved Italian antipasto dish. In this recipe, we're topping toasted ciabatta with balsamic roasted tomatoes, caramelised onions and creamy goat's cheese, then serving with chips and salad to make a main meal.

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, bowl, aluminium foil, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Red Onion	1	1½	2
Balsamic Vinegar 14)	12ml	18ml	24ml
Garlic Clove**	2	3	4
Ciabatta 13)	2	3	4
Goat's Cheese** 7)	75g	150g	150g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	2½ tbsp
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	2560 /612	491 /117
Fat (g)	17.6	3.4
Sat. Fat (g)	7.7	1.5
Carbohydrate (g)	100.8	19.3
Sugars (g)	15.6	3.0
Protein (g)	18.8	3.6
Salt (g)	1.43	0.27

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.

Contact

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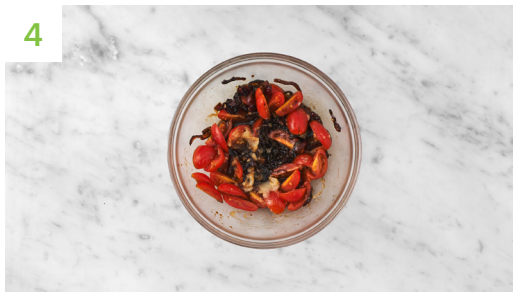
Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Tomato Time

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

Add the **caramelised onion** and **roasted garlic** to the bowl of **tomatoes** and mix to combine.



Do the Prep

Meanwhile, quarter the **baby plum tomatoes**. Halve, peel and thinly slice the **red onion**.

In a medium bowl, combine the **tomatoes**, **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. Set aside.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** on the middle shelf of your oven until soft, 10-12 mins.



Warm the Ciabatta

When the **chips** have 5 mins remaining, halve the **ciabattas**.

If you have a toaster, toast the **ciabatta** until golden. Alternatively, pop them into the oven to warm through, 2-3 mins.



Caramelize the Onions

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

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more. Remove from the heat.



Serve Up

Share the **toasted ciabatta** between your plates. Top with the **balsamic onion tomatoes** and any remaining **dressing**. Crumble over the **goat's cheese**.

Serve the **chips** and **rocket** alongside. Add a drizzle of **oil** and pinch of **salt** to the **rocket leaves**.

Finish with a drizzle of the **balsamic glaze** over the **bruschetta**.

Enjoy!