



# Crispy Serrano Caprese Bruschetta

with Caramelised Red Onion and Rocket Salad

**Rapid** 20 Minutes • 3 of your 5 a day

15



Ciabatta



Garlic Clove



Medium Tomato



Red Onion



Avocado



Serrano Ham



Balsamic Vinegar



Rocket



Mozzarella

**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
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
Rocket**	40g	60g	80g
Mozzarella** <b>7</b>	1 ball	1½ balls	2 balls
Pantry	2P	3P	4P
Sugar for the Onion*	1 tsp	2 tsp	2 tsp
Water for the Onion*	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	447g 2457/587	100g 550/131
Fat (g)	30.8	6.9
Sat. Fat (g)	9.9	2.2
Carbohydrate (g)	55.8	12.5
Sugars (g)	13.2	3.0
Protein (g)	24.2	5.4
Salt (g)	2.19	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, 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.

## 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.
- Peel and grate the **garlic** (or use a garlic press).
- Spread the **garlic** over the cut sides of the **ciabatta**. Drizzle over a little **olive oil** and set aside for later.

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## Caramelised Onion Time

- Pop the pan back onto medium-high heat with a drizzle more **oil** if needed.
- Once hot, add the **onion** and stir-fry until softened, 6-8 mins.
- Add the **sugar** and **water for the onion** (see pantry for both amounts) and **half the balsamic vinegar**, then lower the heat
- Simmer until caramelised, stirring occasionally, 2-3 mins, then remove from the heat.

2



## 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.

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## Make your Salad

- Meanwhile, bake the **ciabatta** on the top shelf of your oven until golden, 4-5 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, avocado** and **rocket** to the **dressing**. Toss to coat.

3



## Sizzle the Serrano

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

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## Finish and Serve

- When everything's ready, share the **toasted ciabatta** between your plates.
- Spoon over the **caramelised onions** and top with a handful of **salad**.
- Drain the **mozzarella**, then tear it into small pieces and place on top.
- Snap the **Serrano ham** into shards and scatter over the **bruschetta**. Serve any remaining **salad** alongside.

Enjoy!