



# Roasted Tomato & Mozzarella Bruschetta with Rocket, Capers & Balsamic Drizzle

Special Sides 30 Minutes • 1 of your 5 a day

2A



Garlic Clove



Premium Tomatoes



Mozzarella



Ciabatta



Capers



Rocket



Balsamic Glaze

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Aluminum Foil, Baking Tray, Bowl.

## Ingredients

	Quantity
Garlic Clove	1
Premium Tomatoes**	250g
Mozzarella <b>7)</b> **	1 ball
Ciabatta <b>11) 13)</b>	2
Capers**	15g
Rocket**	20g
Balsamic Glaze <b>14)</b>	1 sachet

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>295g</b>	<b>100g</b>
Energy (kJ/kcal)	1830 / 437	620 / 148
Fat (g)	17	6
Sat. Fat (g)	10	3
Carbohydrate (g)	48	16
Sugars (g)	11	4
Protein (g)	22	8
Salt (g)	0.97	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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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1



2



3



## Roast the Tomatoes

**a)** Preheat your oven to 180°C.

**b)** Peel the **garlic**, pop it 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**.

**d)** Roast on the top shelf until they're softened and starting to burst, 12-15 mins, then remove from the oven.

## Prep the Rest

**a)** Once the **tomatoes** have been roasting for 5 mins, add the **garlic** to the tray, roast until soft, 7-10 mins.

**b)** Meanwhile, drain and tear the **mozzarella** into small pieces.

**c)** Cut the **ciabatta** in half and then each half into **triangles**. When the **tomatoes** are nearly done, drizzle the **ciabatta pieces** with **oil**, pop onto another baking tray and bake on the middle shelf of your oven, 2-3 mins.

## Finish the Bruschetta

**a)** Once the **garlic** has roasted, mash with a fork.

**b)** Pop the **mashed garlic** into a bowl with the **tomatoes** and **juice** from the tray. Add the **capers**, mix gently.

**c)** Layer the **roasted tomato mix**, **mozzarella** and **rocket** onto the **ciabatta triangles**.

**d)** Finish with the **balsamic glaze**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.