



Prosciutto & Goat Cheese Crostini

with Caramelised Onions, Pear & Rocket Salad

FESTIVE STARTER

NEW

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Brown Onion



Pear



Balsamic Vinaigrette
Dressing



Sliced Sourdough



Rocket Leaves



Marinated Goat
Cheese



Prosciutto

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart

Christmas lunch has been made easy, when you have this stellar starter to get the celebration started. These handheld sourdough crostini topped with prosciutto, caramelised onion and goat cheese, pair perfectly with the pear-rocket salad for a light and bright touch of freshness to cool down the Aussie Christmas heat!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
pear	1	2
balsamic vinaigrette dressing	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
sliced sourdough	4	8
rocket leaves	1 small packet	2 small packets
marinated goat cheese	1 packet	2 packets
prosciutto	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562cal)	704kJ (211cal)
Protein (g)	29.1g	8.7g
Fat, total (g)	27.7g	8.3g
- saturated (g)	10.2g	3.1g
Carbohydrate (g)	46.6g	14g
- sugars (g)	16.9g	5.1g
Sodium (mg)	1895mg	567.4mg
Dietary Fibre (g)	6.1g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **brown onion**.
- Thinly slice **pear** into wedges.



Toast the sourdough & toss the salad

- Toast or grill **sliced sourdough** to your liking.
- In a medium bowl, combine **rocket leaves**, **pear** and a drizzle of the **marinated goat cheese oil**. Season with a pinch of **salt** and **pepper**.



Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Stir in **balsamic vinaigrette dressing**, the **brown sugar** and a splash of **water**.
- Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Serve up

- Arrange toasted sourdough on a platter, then top with caramelised onion and tear over **prosciutto**.
- Crumble over **goat cheese**. Serve with pear and rocket salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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