

Prosciutto & Goat Cheese Crostini

with Caramelised Onions, Pear & Rocket Salad

FESTIVE STARTER

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Balsamic Vinaigrette Dressing



Sliced Sourdough



Rocket Leaves



Cheese



Prosciutto

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



Christmas lunch has been made easy, when you have this stellar starter to get the celebration started. These handheld sourdough crostinis 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
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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.



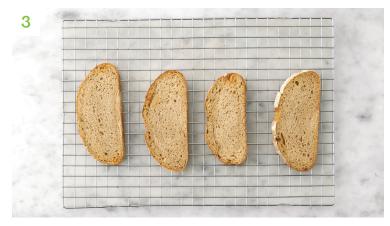
Get prepped

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



Cramelise 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.



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.



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!

