



## FAB FOUR BRUSCHETTA BOATS

Recipe by Denise Cullen: Winner Starters Category 2013

**Serves:** 4 People  
**Prep Time:** 15 minutes  
**Cook Time:** 5 minutes

### Ingredients:

Large French stick  
3 small red onions  
A bunch of spring onions  
A punnet (approx 15) cherry tomatoes  
Half a jar of pesto  
Extra virgin olive oil  
2 cloves of garlic

### Step by step:

- 1 Finely chop the garlic and red onions.
- 2 Put both onions and garlic in a bowl with 2 spoons of olive oil and mix together by hand.
- 3 Slice cherry tomatoes into quarters and mix in with onions and garlic.
- 4 Cut the French stick lengthways down the middle into 2 halves, then cut into 'boats' making 8 pieces.
- 5 Crust downwards, drizzle a little olive oil over the bread.
- 6 Put the bread pieces, crust down, under the grill and toast lightly.
- 7 Chop the spring onions.
- 8 Take bread from grill and lightly spread on pesto.
- 9 Place toasted bread pieces onto a plate and top with the mix from the bowl.
- 10 Sprinkle chopped spring onions over the top of the mix.
- 11 Drizzle balsamic vinegar over each slice in a zigzag or any pattern.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
<b>588</b> 29%	<b>9.5g</b> 11%	<b>29.3g</b> 42%	<b>6.6g</b> 33%	<b>2.0g</b> 33%	<b>7.2g</b> 30%

of an adult's guideline daily amount



# MAKE 28 TASTE GREAT!



## FAB FOUR BRUSCHETTA BOATS

Packed with fresh vegetables and zingy tastes, this recipe is easy to assemble and make at home. A great, healthy treat for kids when they get home. Why not put on a Beatles song at the same time for a total Fab Four experience?

### Chef's tips *from Denise*

Watch the grill doesn't burn the bread, if it does just scrape off the black bits. The finer your chopping the easier it is to load the boats. Practice chopping to help on other recipes too.

### Use up

Leftover cooked meats or fish can also be used up on the topping, like smoked ham, sardines or salami.

### Variations

Any variety of tomatoes can be used but cherry tomatoes have more flavour.

### Extra flavour

Try adding a pinch of chilli if you like spicy food or fresh herbs like coriander.

### Freezer advice

The French sticks can be bought at a reduced price at your local shop and frozen until needed. Leave out to thaw thoroughly for an hour before use.

### Vegetarian & vegan options

Brilliant for vegetarians and vegans.

### Allergy advice

Gluten free bread can be used. Suitable for most diets.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit [recycleformerseysideandhalton.com](http://recycleformerseysideandhalton.com)

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