



Greek Bruschetta

20 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- Place a nonstick pan over medium to low heat.
- Add a teaspoon of butter and let it melt.
- Add 2 slices of bread and toast for 2-3 minutes on each side, until golden.
- Repeat the same process for the remaining slices.
- In a bowl, add all of the ingredients apart from the olive paste.
- Finely grate the garlic and add it to the bowl.
- Stir to combine and set aside.
- Spread out the toasted slices of bread on a clean working surface.
- On one side of each slice, spread a teaspoon of olive paste.
- Divide the mixture in bowl evenly over the bruschetta.
- Serve with extra basil, olive oil and freshly ground pepper.

Ingredients

- 60-80 g butter
- 4 slices of multigrain bread
- 200 g cherry tomatoes, cut in half
- 100 g grapes, stems removed
- 200 γρ. haloumi cheese, cut in to cubes
- 50 g olives, pitted
- 1 clove of garlic, minced or finely grated
- salt
- 10 fresh basil leaves + extra for serving
- 40 g olive oil
- freshly ground pepper
- 40 g olive paste

Διατροφικός πίνακας

Nutrition information per portion

411 Calories (kcal)	28.3 Total Fat (g)	10.8 Saturated Fat (g)	20.1 Total Carbs (g)
21%	40%	54%	8%
8.1 Sugars (g)	16.2 Protein (g)	3.8 Fibre (g)	2.9 Sodium (g)
9%	32%	15%	48%