



# Goat cheese and rocket bruschetta

15'

Hands on

15'

Cook Time

4

Portion(s)

1

Difficulty



## Ingredients

- 2 tablespoon(s) olive oil
- 4 onions, cut into slices
- 3-4 tablespoon(s) balsamic vinegar
- 1 tablespoon(s) honey
- 2 sprig(s) thyme, only the leaves
- 500 g bread, wholemeal
- 200 g goat cheese
- rocket
- salt
- pepper

## Διατροφικός πίνακας

## Method

Photo credit:

G. Drakopoulos - Food Styling: T. Webb

- Preheat oven to 180\* C (350\* F) Fan.
- Heat some olive oil in a [pan](#) over medium to high heat. Add the onions and sauté.
- Add the balsamic vinegar and honey. When enough of the liquid evaporates, add the thyme leaves and continue cooking for another 5 minutes, until they are nicely caramelized.
- Season to taste
- Place bread slices on a [baking pan](#) and toast in the oven or in a toaster.
- When ready, drizzle with some olive oil. Add a spoonful of the onion mixture, some crumbled goat cheese and fresh rocket leaves.

## Nutrition information per portion

630 Calories (kcal)	31.0 Total Fat (g)	10.0 Saturated Fat (g)	62.0 Total Carbs (g)
32%	44%	50%	24%
20.0 Sugars (g)	20.0 Protein (g)	12.0 Fibre (g)	2.3 Sodium (g)
22%	40%	48%	38%