



Tomato bruschetta

10'
Hands on

6-8
Portion(s)

1
Difficulty



Ingredients

- 300 g bread
- 65 g olive oil
- 2 clove(s) of garlic
- 1 tomato
- 2 tablespoon(s) basil leaves
- 1 tablespoon(s) balsamic vinegar
- salt
- pepper

To serve

- basil leaves

Διατροφικός πίνακας

Nutrition information per portion

169 Calories (kcal)	9.0 Total Fat (g)	1.2 Saturated Fat (g)	17.0 Total Carbs (g)
8%	13%	6%	7%
1.8 Sugars (g)	3.8 Protein (g)	1.3 Fibre (g)	0.44 Sodium (g)
2%	8%	5%	7%

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the bread into 6-8 slices and brush them with 50 g olive oil.
- Arrange the slices into a [baking pan](#), one next to the other, and bake them in the oven for 5 minutes.
- Remove from the oven, flip the slices over, and bake them for another 5 minutes.
- Remove the baking pan from the oven.
- Cut one clove of garlic in half, pierce the one half with a fork, and brush the bread slices with it -with its cut side- so that the slices get the aromas of the garlic. Follow the same process for the other half of the garlic clove.
- Cut the tomato into small cubes, finely chop the second clove of garlic and the basil leaves, and add them into a [bowl](#).
- Add the balsamic vinegar into the bowl along with salt and pepper, and mix with a spoon.
- Divide the tomato mixture among the bread slices.
- Serve with basil leaves.