



Figs with ricotta, walnuts and honey

5'

Hands on

8

Portion(s)

1

Difficulty



Ingredients

- 250 g fresh figs
- 100 g **ricotta**
- 1 tablespoon fresh mint, finely chopped
- salt
- pepper
- 1 tablespoon olive oil
- 60 g walnuts
- 50 g honey

Διατροφικός πίνακας

Nutrition information per portion

151 Calories (kcal)	10.0 Total Fat (g)	2.9 Saturated Fat (g)	8.6 Total Carbs (g)
8%	14%	15%	3%
8.2 Sugars (g)	5.7 Protein (g)	1.2 Fibre (g)	0.44 Sodium (g)
9%	11%	5%	7%

Method

- **Remove** stems from figs and turn them over (cut-side down).
- Press them until they stand.
- Score a cross on the figs with a sharp knife and press with your fingers so that it opens. Mix the **ricotta** cheese with the mint, salt, pepper, and olive oil.
- Add the mixture to each fig with the spoon.
- **Crumble** the walnuts and sprinkle on top of the figs. Drizzle with honey and **serve**.