

# Char-grilled nectarine, rocket & leg ham toasts

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Preparation 15 mins | Cooking 10 mins | Serves 6

This is a great way to use leftover Christmas ham.

4 ripe plump nectarines  
Olive oil cooking spray  
8 slices sourdough bread  
2 garlic cloves, halved lengthways  
350g sliced leg ham  
50g baby rocket leaves

#### Caramelised balsamic dressing:

1 tbs caramelised balsamic vinegar  
2 tsp Dijon or wholegrain mustard  
2 tbs extra virgin olive oil

**STEP 1** To make dressing, combine all ingredients in a screw-top jar. Shake until well combined. Set aside.

**STEP 2** Heat a char-grill over medium-high heat. Halve nectarines, remove stones and cut into wedges. Spray with oil. Char-grill nectarines for 1-2 minutes on each side or until golden. Transfer to a plate. Spray bread with oil, rub with garlic and char-grill for 1-2 minutes on each side until golden.

**STEP 3** Place grilled bread onto a board. Top with ham, nectarines and rocket. Drizzle with dressing. Season with salt and pepper and serve.

## Good for you... **NECTARINES**

*An excellent source of vitamin C. This vitamin is vital for a healthy immune system. A good source of dietary fibre (important for bowel health). Yellow fleshed nectarines also provide some beta carotene which the body can convert to vitamin A. All varieties provide potassium and so help balance some of the sodium that comes from foods with added salt.*

