

# Roast butternut, mozzarella & rocket melts



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Preparation 20 mins | Cooking 35 mins | Makes 4

These delicious melts are perfect for a casual lunch or an easy meal on Sunday night.

**3 garlic cloves**  
**2 tbs olive oil + extra for brushing**  
**800g butternut pumpkin, peeled, deseeded and cut into 3-4cm slices**  
**4 large slices sourdough bread, cut diagonally**  
**150g mozzarella cheese, thinly sliced**  
**30g baby rocket leaves**  
**Extra virgin olive oil, for drizzling**

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Crush 2 garlic cloves and combine with oil in a large bowl. Cut remaining clove in half lengthways and set aside. Add pumpkin to garlic in bowl and toss to combine. Place pumpkin on a baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until pumpkin is tender and golden on the edges.

**STEP 2** Preheat a grill on medium-high. Grill bread on one side until golden. Brush toasted side with oil then rub with reserved garlic. Place bread toasted-side down on a board. Top with pumpkin and cheese. Place on grill tray and grill until cheese melts. Top with rocket, drizzle with extra virgin olive oil, season with salt and pepper and serve.

### Good for you... *PUMPKIN*

*Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A. Also provides many related carotenoids which help keep body tissues healthy. Provides potassium, which the body puts to good use in combating the harmful effects that excess sodium (from salt) can have on blood pressure.*

