

# Figs with blue cheese & prosciutto



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**Preparation:** about 15 minutes

**Cooking:** about 10 minutes

**Serves:** 4

8 large figs

75g soft blue cheese, cut into 8 pieces

8 thin slices prosciutto

1 tbs extra virgin olive oil

1 tbs balsamic vinegar

Salt and ground black pepper

1. Preheat oven to 200°C. Trim fig stems and cut a small cross into the top of each fig.
2. Place a piece of blue cheese into each fig and wrap fig in a slice of prosciutto. Place in a medium baking dish. Drizzle with oil and balsamic vinegar. Season with salt and pepper. Roast for 10–15 minutes or until cheese melts and figs are just tender.



### Figs

- Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally.
- Provide some vitamin C, which the body uses as one of its tools to fight infection.
- Are a good source of antioxidants that can help protect 'good' fats as they circulate in the bloodstream.