

BBQ tomato & goat's cheese bruschetta



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Preparation 15 mins | Cooking 10 mins | Serves 4

You'll need 6 small bamboo skewers for this recipe.

2 x 250g stems ripe truss, mini roma or cherry tomatoes

Olive oil cooking spray

6 slices ciabata or sourdough bread

2 garlic cloves, halved

150g marinated goat's feta, drained

Extra virgin olive oil, for drizzling

Small basil leaves, to serve

STEP 1 Soak 6 small bamboo skewers in cold water for 5 minutes then drain. Cut each tomato from the central stem. Thread tomatoes onto bamboo skewers. Liberally spray with oil. Spray bread on both sides with oil and rub both sides with cut-side of garlic.

STEP 2 Preheat a greased char-grill pan or barbecue on medium-high heat. Cook tomato skewers, turning often, for 4-5 minutes until tender and juicy. Cook bread for 1-2 minutes on each side until golden.

STEP 3 To serve, spread bread with feta and top with tomatoes. Season with salt and pepper and drizzle with extra virgin olive oil. Sprinkle with basil leaves and serve.

Good for you... TOMATOES

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection. Provide potassium which is used by the body to balance adverse effects of the sodium in salt. A good source of dietary fibre, including soluble fibre (important for heart health).

