

Fig, rocket, prosciutto & feta pizzas



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Preparation: about 15 minutes
Cooking: about 10 minutes
Serves: 4 as a light starter

These pizzas are great for a light starter or lunch.

2 good quality thin pizza bases (without sauce)
1 garlic clove, halved lengthways
Olive oil cooking spray
10 ripe figs
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8 thin slices prosciutto
80g Persian or marinated feta, roughly crumbled
40g baby rocket leaves
Extra virgin olive oil, for drizzling
Salt and ground black pepper

1. Preheat oven to 240°C. Place pizza bases on baking trays. Rub with cut side of garlic. Spray with oil. Slice figs into rounds and top each pizza. Spray liberally with oil. Bake for 10 minutes or until crust is golden.
2. Top each pizza with prosciutto, sprinkle with feta and rocket. Drizzle with extra virgin olive oil, season with salt and pepper to taste and serve.



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 vitamin C, which the body uses as one of its tools to fight infection.
- A source of potassium, which can help balance the effects of too much salt in the daily diet.