

Figs, rocket & prosciutto with balsamic ricotta



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Preparation 15 mins | Serves 4

- 8 plump ripe figs, halved
- 8 thin slices prosciutto
- Baby rocket leaves, to serve
- Extra virgin olive oil, for drizzling

Balsamic ricotta:

- 200g low fat fresh ricotta cheese
- 2 tsp honey
- 1 tsp caramelised balsamic vinegar

STEP 1 To make balsamic ricotta, beat ricotta and honey in a small bowl until smooth. Season with salt and pepper to taste, then swirl through balsamic vinegar.

STEP 2 To serve, arrange figs, prosciutto and rocket on a board or serving platter. Drizzle with extra virgin olive oil and serve with balsamic ricotta.

Good for you... *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. Figs provide vitamin C, which the body uses as one of its tools to fight infection. They're a source of potassium, which can help balance the effects of too much salt in the daily diet.

