

Figs with blue cheese & prosciutto



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Preparation 20 mins | Cooking 10 mins | Serves 4

8 plump figs
125g soft blue cheese, cut into 8 pieces
8 thin slices prosciutto
1 tbs extra virgin olive oil
1 tbs caramelised balsamic vinegar

STEP 1 Preheat oven to 200°C/180°C fan-forced. Trim fig stems and cut a small cross into the top of each fig. Insert a piece of blue cheese into each cross.

STEP 2 Wrap each fig in a slice of prosciutto and secure with a toothpick. Place into a baking pan lined with baking paper. Drizzle with oil and caramelised balsamic vinegar. Season with salt and pepper to taste.

STEP 3 Roast for 12-15 minutes until cheese melts and figs are warmed through. Remove toothpicks. Serve drizzled with the pan juices.

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. 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.

