

Roasted grape, rocket & prosciutto salad



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Preparation 15 mins | Cooking 20 mins | Serves 4

350g purple seedless grapes, washed and dried

Olive oil cooking spray

12 thin slices prosciutto

50g rocket leaves

125g Persian feta, drained and roughly crumbled

1/3 cup walnuts, roasted and roughly chopped

Extra virgin olive oil, to serve

sourdough bread, to serve

STEP 1 Preheat oven to 200°C fan-forced. Cut grapes in small clusters and place on a baking tray lined with baking paper. Lightly spray with oil. Roast for 15-20 minutes until very tender. Set aside to slightly cool.

STEP 2 Arrange prosciutto, rocket, roasted grapes, feta and walnuts on a serving platter. Drizzle with extra virgin olive oil. Season with pepper to taste. Serve with sourdough bread.

Good for you... **GRAPES**

Grapes contain natural sugars so they taste sweet. These sugars are digested slowly and so they give us sustained energy. A good source of vitamin C. This vitamin helps reduce our chances of picking up infections and also keeps teeth and gums healthy. Grapes provide dietary fibre which is important for making sure food residues move through the intestine.

