

Roasted grape, walnut & goat's cheese bruschetta



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Preparation 15 mins | Cooking 12 mins | Makes 6

350g seedless black or red grapes, washed, dried and stems removed
1 tbs extra virgin olive oil
1 tbs caramelised balsamic vinegar
6 slices sourdough bread
1 clove garlic, halved lengthways
100g goat's cheese log, at room temperature
50g rocket leaves (about ½ small bunch)
½ cup walnuts, toasted and chopped

STEP 1 Preheat oven to 200°C/180°C fan-forced. Place grapes onto a baking tray lined with baking paper. Drizzle with oil and balsamic vinegar. Season with salt and pepper to taste. Toss to coat grapes. Roast for 12 minutes or until tender. Set aside to cool.

STEP 2 Preheat a char-grill pan on high heat. Char-grill bread. Rub one side of the grilled bread with the cut side of the garlic. Spread with goat's cheese. Top with grapes and rocket. Sprinkle with walnuts. Drizzle with pan juices from the baking tray and serve.

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.

