

Antipasti

Crostini à la Toscana Con Pomodoro

Ingredients for 10 portions:

800 g chopped tomatoes
(tinned)
2 tbsp olive oil
2 crushed garlic cloves
10 slices of white Italian bread
(e.g. ciabatta)
1 bunch of freshly cut basil
Salt, black pepper

Pre-heat electric oven to 180 °C. Leave the tomatoes to drip dry on a sieve. Heat the olive oil, add the garlic and sauté and then leave to cool. Bake the white bread in the oven for 5 – 10 minutes, until it is crispy. Mix the tomatoes and basil into the garlic oil and heavily season with salt and pepper.

Spread the tomato mixture onto the bread slices and brown for approx. four minutes (electric and gas oven: 180 °C / gas mark 3, fan oven 160 °C).

Preparation time: Approx. 15 minutes

Per serving:

KJ/kcal: 339/81

Protein: 2.4 g

Fat: 2.0 g

Carbohydrate: 12.0 g

Bread units: 1.0

Crostini à la Toscana Con Rucola

Ingredients for 10 portions:

50 g rucola
50 g dried tomatoes, in oil
125 g soft butter
30 g shaved parmesan
1 crushed garlic clove
Salt, freshly milled
pepper
10 slices of white Italian bread
(e.g. ciabatta)

Pre-heat electric oven to 220 °C. Wash the rucola, allow to dry and then chop roughly. Allow the tomatoes to dry and then dice finely. Mix both with the butter, parmesan and garlic and season with salt and pepper.

Spread on to bread and bake for approx. 10 – 15 minutes (electric and gas oven: 220 °C / gas mark 5, fan oven 200 °C).

Preparation time: Approx. 25 minutes

Per serving:

KJ/kcal: 668/160

Protein: 2.8 g

Fat: 12.0 g

Carbohydrate: 10.0 g

Bread unit: 0.8