



Bruschetta

Ingredients:

2 Bürgen® Soy-Lin® Rolls
 1 garlic clove
 2 tbsp olive oil
 4 tomatoes, diced
 ¼ cup basil leaves, shredded

Preparation:

Preparation time: 20 minutes; Serves: 2.

1. Cut bread rolls in half. Flatten each half out with a rolling pin. Place bread roll halves under the grill and toast on both sides until crisp and golden brown.
2. Combine diced tomatoes, basil leaves and 1tbsp of olive oil in a small bowl.
3. Rub the bread roll halves with garlic and drizzle with 1tbsp olive oil.
4. Top with tomato and basil, serve immediately.

Average Nutritional Information per serve	
Energy	1310 kJ
Protein	14.5 g
Fat	14.8 g
- Saturated Fat	2.0 g
CHO	27.5 g
Sugars	1.7 g
Dietary Fibre	6.5 g
Sodium	380 mg