



Bruschetta with Roasted Pepper & Butter Bean Mash

This recipe will make 2 servings as a starter or snack, or 16 - 24 canapés. This can be made into canapés if you cut the rolls into bits-sized pieces.

Ingredients

4 tbsp extra virgin olive oil
1 small onion, peeled and finely chopped
1 tsp smoked paprika
220g tin of butter beans drained
1 roasted red pepper
Salt and freshly ground black pepper
2 tbsp of black olives chopped
2 tbsp of flat leaf parsley chopped
1 tbsp of freshly squeezed lemon juice
2 Juvela Gluten Free White or Fibre Rolls
Rocket leaves to garnish

Method

1. Heat 1 tbsp of olive oil in a pan and gently fry the onion for 5 minutes.
2. Add the smoked paprika and cook for a further 2 minutes.
3. Place the onion mixture, roasted peppers, butter beans and 2 tbsp of olive oil in a food processor and blend to a coarse paste, smoother if you wish. Season well.
4. Place the chopped olives and parsley in a bowl. Then pour over the remaining 1 tbsp of olive oil and lemon juice, season and stir well.
5. Cut the roll in half and place the cut down side in a hot griddle pan for 2 - 3 minutes, until slightly charred.
6. Alternatively place under a medium grill until golden and crisp.
7. Top each half with butter bean and red pepper mash and drizzle over the olive mixture.
8. Garnish with the fresh rocket leaves.

If making canapés, cut each roll in half then cut each half into 4 - 6 pieces and top as above.