

# TRUfree

Wheat  
& Gluten  
free

## Crostini with Mediterranean Vegetables

A quick and easy gluten and wheat free pasta salad from our sister brand, Dietary Specials, perfect for entertaining and parties.



Serves: 3-4



35 minutes



10 - 15 minutes

Makes 16 crostini

### Ingredients

- 1 packet of [Dietary Specials Rustic rolls](#)
- 1 small aubergine
- olive oil
- 2 -3 cloves garlic - crushed
- 1 medium red pepper, deseeded
- 1 medium courgette
- 1tbsp balsamic vinegar
- 115g button or chestnut mushrooms
- 1 tbsp tomato puree
- Basil to garnish

### Method

1. Prepare aubergine by slicing into 2cm slices and sprinkling with salt, leave for 30 minutes; this will draw the water from the vegetable. Rinse and pat dry with kitchen paper, then cube.
2. Cube the courgette and red pepper, quarter the mushrooms.
3. Preheat the oven to 180°C/160°C Fan /Gas Mark 4.
4. Cut the ends off the rolls and then cut into 4. Place the bread slices onto a baking sheet, sprinkle over crushed garlic and drizzle with olive oil.
5. Place the baking sheet into the oven for 10 minutes or until the bread is crisp. You may need to turn them over halfway through.
6. Heat a heavy based frying pan; add 1 tablespoon of olive oil and heat through, place in all the vegetables and fry for 5 minutes.
7. Mix together the tomato puree and balsamic vinegar, add to the vegetables.
8. Place vegetables on top of the crisped bread and serve immediately, finishing with a few sprigs of basil.

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Nutrition Point Ltd, Station Court, 442 Stockport Road, Warrington, England WA4 2GW

TRUfree Careline: 0800 954 1982 (lo-call rate) Open 9am - 5pm, Mon to Fri | Email: [info@trufree.co.uk](mailto:info@trufree.co.uk)