

Red Pepper Crostini

Ingredients

½ red pepper, deseeded and chopped

2 slices of low protein bread

4 teaspoons olive oil

4 spring onions, chopped

1 garlic clove, peeled and finely chopped

1 tbsp. fresh herbs, chopped e.g. parsley and basil

Salt and fresh ground black pepper

Method

1. Drizzle the bread with half the oil. Grill on both sides until golden brown.
2. In a small pan, heat the remaining oil and sauté the onion until soft. Add the garlic and pepper and cook for a further 1-2 minutes. Season with salt and pepper and stir in the herbs.
3. Divide the pepper mixture between the two pieces of bread and serve.