

## Roasted Courgette & Onion Crostini – Makes 18

### Ingredients

Olive oil

1 large courgette, ends trimmed

50g onion, peeled

1 clove of garlic, peeled

1 teaspoon lemon juice

Large pinch ground cumin (optional)

2 teaspoons fresh chopped basil

Salt & pepper

3 Loprofin Part Baked Rolls

3 cherry tomatoes

Fresh basil leaves

Oven temperature: 190°C/375°F/Gas Mark 5

### Method

1. Line a large roasting tin with foil and pour in two tablespoons of olive oil.
2. Cut the courgette and onion into thick chunks and crush the garlic. Transfer the vegetables and garlic to the roasting tin and toss in the oil.
3. Bake in the preheated oven for 20 minutes, transfer to a plate and allow to cool.
4. Slice each of the Loprofin Part Baked Rolls into 6 fingers and brush both sides with olive oil, place on a baking tray and bake for 8-10 minutes or until crisp.
5. Put the vegetables into a food processor, and process very briefly until coarsely chopped. Alternatively, light mash the mixture using a fork. Transfer to a bowl.
6. Stir in the lemon juice, cumin, basil and seasoning to taste. Divide the courgette mixture between the crostini fingers. Top with wedges of cherry tomato and sprigs of fresh basil.
7. May be served hot or cold.

This recipe was provided by Nutricia



*National Centre for Inherited Metabolic Disorders*

