

Wensleydale open Ciabatta

CHEESE MAKES A
Difference

to
Summer
Salads



Serves 4 | Prep time: 5 min | Cooking time: 5 min



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A GREAT AFTERNOON SNACK AND PERFECT FOR DINNER PARTIES. THIS WENSLEYDALE CIABATTA IS TASTY, EASY AND QUICK TO MAKE – YOU REALLY CANNOT GO WRONG WITH IT.

INGREDIENTS

- 1 large ciabatta loaf
- 2 tbsp reduced fat mayonnaise
- 1 handful rocket leaves
- 125g Wensleydale cheese (or Wensleydale & Cranberries)

METHOD:

1. Take 1 large ciabatta loaf and cut it in half lengthways.
2. Toast the bread or sear on a griddle to form ridges. Lightly spread a little reduced calorie mayonnaise over the bread and then cut into fingers.
3. Arrange on a platter and top each bread finger with a few rocket leaves and thin triangles of Wensleydale Cheese.
4. Serve.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

321kcal | 13.9g protein | 34g carbohydrate of which 2.5g sugars | 15.5g fat of which 7g saturates | 2.1g dietary fibre | 606mg sodium equivalent to 1.5g salt | 258mg calcium | 193mg phosphorus | 0.3µg vitamin B₁₂

