



EATSLIM RECIPES

Balsamic Caramelised Shallots & Ricotta Torte©

SERVES 1

Preparation time: 12 minutes
Cooking time: 5 minutes
Approx Cost: \$4.40 per serve

EATSLIM PRODUCTS NEEDED:

EatSlim Arrabbiata
EatSlim Balsamic Dressing



INGREDIENTS:

1 sheet of mountain bread
*160g of French shallots or leek finely sliced
2 cloves of garlic
*60g of ricotta cheese
2 teaspoons of EatSlim Arrabbiata
Black pepper to taste
Garden herbs of choice
Salad greens of choice
2 tablespoons of EatSlim Balsamic dressing

SHOPPING LIST:

Mountain Bread
Shallots
Garlic
Ricotta
Salad greens of choice
Garden herbs of choice
Balsamic vinegar

METHOD:

1. Pre heat oven to 200°C
 2. Cut sheet of mountain bread in 2 & sprinkle with water.
 3. Place mountain bread in a lightly oiled small flat baking tin or ramekin & push down to make a tight fit.
 4. Place in oven and bake for 2-3 minutes until slightly brown. Do not over bake.
 5. In a lightly oiled pan, on a medium heat, fry finely chopped shallots & garlic for at least 5 minutes. Stirring occasionally, until shallots have softened.
 6. Add 2 tablespoons of balsamic vinegar and cook for a further 3-4 minutes, stirring occasionally.
 7. In a bowl mix ricotta with EatSlim Arrabbiata, place shallot mix on top of baked mountain bread basket and top with ricotta blend
 8. Sprinkle with black pepper and chopped garden herbs.
 9. Serve with a side salad of choice and drizzle with EatSlim Balsamic Dressing.
- *Please adjust weight to personal portion size.

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required.

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