

GARLIC BREAD AND SALAD



Portions: 1
Preparation time:
30 minutes
Cooking time:
30 minutes
Approx cost:
£1.85

Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
1867.73
444.50
57.35
10.14
21.05
3.37
597.77
2.19

Ingredients

For the garlic bread

2 tbsp olive oil

1 bulb garlic, whole

4 thick slices of white bread

For the salad

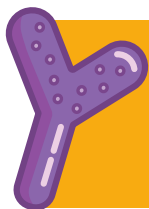
3 tbsp olive oil

½ red pepper, seeds removed

1 tbsp lemon juice

Fresh herbs (parsley, basil, dill and chives), chopped

Salt and black pepper, to taste



Did you know?

Yeast feed on sugars, producing carbon dioxide in a process called fermentation, causing bread to rise. Look out for the air pockets next time you eat some bread!

Instructions

Garlic bread

1. Preheat the oven to 220°C/ Gas 7. Place garlic bulb onto a baking sheet, drizzle with olive oil and transfer to the oven to roast for 15 minutes, or until softened. Leave to cool once finished.

2. Place the bread onto a frying pan and toast until lightly toasted.

3. Drizzle some olive oil over the toasted bread, then squeeze some of the roasted garlic bulb onto the toast. Spread with a knife if necessary.

Salad

1. Place pepper onto a baking sheet, drizzle with one tablespoon of the olive oil and roast in the oven for 15 minutes, or until softened. Leave to cool once finished.

2. Chop the pepper into small pieces, and mix with the herbs and lemon juice. Season to taste with salt and black pepper.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



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MICROBIAL
INTERACTIONS

