



Garlic Bread



Ingredients

1 small French stick
50g (2oz) butter or margarine
2 cloves garlic
1x15ml spoon (1 Tablespoon) parsley,
chopped (optional)

Equipment

Foil, garlic press, small bowl,
chopping board and knife.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Mix the butter or margarine, garlic and parsley together in a small bowl.
3. Cut slices into the French stick about a third of the way down.
4. Spread the garlic butter onto each slice.
5. Wrap the stick in foil.
6. Bake for 10 minutes.
7. Peel the foil back and bake for a further 5 minutes until crunchy.

Nutrition Information

Garlic Bread	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	1372	4883	1628
Energy (kcal)	328	1167	389
Protein (g)	7.8	27.8	9.3
Fat (g)	13.1	46.8	15.6
of which saturates (g)	7.6	27.1	9.0
Carbohydrate (g)	47.6	169.6	56.5
of which sugars (g)	2.5	8.8	2.9
Fibre (g)	2.1	7.4	2.5
Sodium (mg)	604	2151	717
Salt (g)	1.5	5.4	1.8

Notes

Key Messages

Healthy eating

- Use a reduced fat spread instead of butter or margarine, but make sure it is suitable for baking.

Money

- Day old French sticks, which are usually reduced in price in supermarkets, can be used to make garlic bread. These could be frozen for future use.

Food safety

- Always keep butter and margarine in the fridge.