THE LIGHTER PLATE METHOD

Ricotta & Fig Toast with Honey

Whipped ricotta under jammy figs, honey and a crackle of toasted walnut.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 150 g ricotta
- 4 ripe figs (quartered)
- 2 thick slices sourdough
- 2 tsp runny honey
- 30 g walnuts (roughly chopped)
- 0.5 lemon zest

Method

1. Beat the ricotta in a bowl with the lemon zest and a pinch of salt for 30 seconds, until light and spreadable.
2. Toast the sourdough.
3. Spread the ricotta thickly over the toast and arrange the figs on top.
4. Scatter with walnuts and finish with honey and a grind of black pepper.

Tips & swaps

- Beating ricotta transforms it from grainy to silky; it takes half a minute and is the difference between good and very good. Out of fig season, use ripe pears or soft dried figs.

Storage & reheating

Best assembled fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**12g**	**34g**	**15g**	**4g**

Estimated values, for guidance only. Contains: Milk, Gluten, Tree nuts (walnuts).