

Panzanella Salad

Difficulty: Easy

Type: Main or side

Allergy advice: **Gluten Fructose**

Cuisine: Italian

Serves: 15-20 tastes

From the garden: Tomatoes

Season: Summer/Autumn

Source: Sonia Nista

Equipment	Ingredients
<ul style="list-style-type: none"> • Chopping boards and mats • Cooks knives • Colander • Metric scales • Large mixing bowl x2 • Metric measuring cups and spoons • Garlic crusher • Baking tray lined with baking paper • Grill frying pan • Clean plate • Small jug for the dressing 	<ul style="list-style-type: none"> • 500 grams of mixed tomatoes, roughly chopped into 3cm pieces • 1 large red capsicum, sliced lengthways into strips, about 2cm wide • 1/4 French stick, sliced, then cut into 3cm chunks • 1/2 red onion finely sliced • 1/4 cup pitted olives, sliced in half • 1 clove of garlic, crushed • 2 Tbsp balsamic vinegar • 1/4 cup extra virgin olive oil, plus extra for drizzling. • A small handful of fresh basil leaves • Salt and Pepper

What to do:

1. Wash all produce then gather and prepare all of the ingredients as per the instructions in the ingredients list.
2. Preheat the oven to 200 degrees Celsius.
3. Place the slice tomatoes into a large mixing bowl.

4. Place the cut bread into another mixing bowl and lightly drizzle with olive oil. With clean hands, toss to coat all of the bread. Place the bread onto a baking tray lined with baking paper and bake in the oven for about 5-10 minutes or until lightly golden.
 5. Place the grill pan onto medium-high heat and cook the capsicum till just tender. Set aside onto a clean plate to cool.
 6. Place the sliced onion into the bowl with the tomatoes. Now add the bread, capsicum, olives and basil leaves, season with salt and pepper and toss to combine.
 7. In a small jug, mix together the $\frac{1}{4}$ cup of olive oil with the vinegar and garlic. Now drizzle the dressing over the salad and toss to combine.
 8. Transfer your salad to your serving dishes and serve. Enjoy!
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