

Tuscan Style Bread Salad

Serves 4

Preparation time: 10 mins

Cooking time: 15-20 mins

Ingredients:

100g ciabatta bread

90ml olive oil

450g ripe tomatoes

1 small yellow pepper, deseeded

1 small orange pepper, deseeded

1 small red onion, finely shredded

150g pitted black olives, drained

45ml white balsamic vinegar

A handful of fresh basil leaves,
shredded

225g Sweet Romaine lettuce, trimmed

Salt and freshly ground black pepper



Method:

- 1 Pre-heat the oven to 200C/Fan 180C/400F/Gas Mark 6. Tear the bread into bite sized pieces and place in a roasting tin. Drizzle over half the oil and toss to coat the bread. Bake for 15-20mins or until the bread is golden and crunchy.
- 2 Cut the tomatoes and peppers into bite sized chunks and place in a large bowl. Add the onion, olives, remaining oil, vinegar and basil. Season well with salt and freshly ground black pepper then toss together with the bread. Leave to stand for 5 mins to allow the flavours to infuse.
- 3 Finally tear the lettuce into bite sized pieces, add to the bowl and toss until well mixed.
- 4 Serve straight away.

Tip:

| | per portion |
|-----------------------|-------------|
| Energy(kcal) | 306 |
| Protein(| 4.9 |
| Fat (g) | 22.2 |
| Of which saturates(g) | 3.0 |
| Carbohydrate (g) | 23.0 |
| Fibre (g) | 4.5 |
| Salt (g) | 0.73 |

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