

OVERALL time: 30 mins

TUSCAN BREAD AND TOMATO SALAD

Rustic and packed with the flavours of Italy in high summer, it's our Tuscan bread and tomato salad. So good for you, so yummy – this is Mediterranean eating at its best.

Metric

Number of servings : 4

ingredients

For the main

- 1 clove garlic, finely minced
- 90 ml extra virgin olive oil
- 45 ml red wine vinegar
- half a loaf of ciabatta bread (day-old is perfect)
- 800 g baby tomatoes, sliced in half
- 1 large red onion, finely sliced
- 8 anchovy fillets, sliced into 1cm chunks
- 60 ml capers
- handful of flatleaf parsley, leaves only, finely chopped
- Cape Herb & Spice Sprinkle Veggie Seasoning
- Basil or oregano leaves, to garnish (optional)

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 10 mins

Add the garlic to the olive oil and set aside so it can infuse. Cut the ciabatta into large chunks, place bread on a baking sheet and pop it into a pre-heated 160 degree Celsius oven to toast until golden and crisp – it takes about 10 minutes but keep an eye on it. Tumble the tomatoes onto a large platter, add the bread and the rest of the ingredients. Pour over olive oil and red wine vinegar and sprinkle with our Cape Herb & Spice Sprinkle Veggie Seasoning. Toss to coat, garnish with basil or oregano leaves and serve.

ingredients

For the main

- 1 clove garlic, finely minced
- 90 ml extra virgin olive oil
- 45 ml red wine vinegar
- half a loaf of ciabatta bread (day-old is perfect)
- 800 g baby tomatoes, sliced in half
- 1 large red onion, finely sliced
- 8 anchovy fillets, sliced into 1cm chunks
- 60 ml capers
- handful of flatleaf parsley, leaves only, finely chopped
- Cape Herb & Spice Sprinkle Veggie Seasoning
- Basil or oregano leaves, to garnish (optional)

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 10 mins

Add the garlic to the olive oil and set aside so it can infuse. Cut the ciabatta into large chunks, place bread on a baking sheet and pop it into a pre-heated 160 degree Celsius oven to toast until golden and crisp - it takes about 10 minutes but keep an eye on it. Tumble the tomatoes onto a large platter, add the bread and the rest of the ingredients. Pour over olive oil and red wine vinegar and sprinkle with our Cape Herb & Spice Sprinkle Veggie Seasoning. Toss to coat, garnish with basil or oregano leaves and serve.