

Panzanella (Tuscan Tomato & Bread Salad)

Ingredients

200g stale ciabatta/white bread
600g ripe mixed tomatoes, roughly chopped
Sea salt
Freshly ground black pepper
1 handful small capers, drained
1 small red onion, peeled and very finely sliced

280g jarred red peppers, drained & roughly chopped
8 anchovy fillets in oil, drained & finely sliced
Red wine vinegar
Extra virgin olive oil
Bunch of fresh basil

Method

Tear the ciabatta into rough 3cm pieces and place on a tray. Leave aside in a warm place for around 30 minutes – this helps to dry it out.

Place the tomatoes in a bowl and season with salt and pepper. Rinse the capers, squeezing out any excess liquid and add to the bowl, along with the onion, peppers, ciabatta and anchovies, if using. Toss the mixture together with your hands, then stir in 2 tablespoons of vinegar and about 3 times as much extra virgin olive oil. Taste and add a little more salt, pepper, vinegar or oil, if needed.

Tear in the basil leaves, stir together and serve.

Delicious with barbecued meats or roast chicken.