



# Panzanella - Tuscan Bread Salad

**1 hour**

Hands on

**4-6**

Portion(s)

**1**

Difficulty



## Ingredients

- 250 g rustique bread, like ciabatta
- 3-4 medium tomatoes
- 1 small cucumber
- 1 clove of garlic, mashed
- 1 small bunch of parsley
- 70 g olives (Kalamata olives)
- 8 anchovy fillets
- 50 g olive oil
- salt pepper
- 1 tablespoon vinegar

## Διατροφικός πίνακας

## Method

Photo credit: G.

Drakopoulos - Food Styling: T. Webb

Panzanella is a Tuscan popular summer salad made with tomatoes, cucumber, olives and more mixed with chunks of stale bread that gets soaked in the very tasty sauce!

- Preheat oven to 180\* C (350\* F) Fan.
- Cut the bread into slices that are 1 cm thick. Drizzle with some olive oil and freshly ground pepper.
- Bake for 15 minutes, just until they turn golden and slightly toasted and crunchy. Cut into bite sized pieces.
- Slice the tomatoes into rounds and put them in a bowl.
- Cut the cucumber into thin slices and add to the bowl.
- Remove the pits from the olives. Cut into rounds or finely chop and add them to the bowl.
- Rinse the anchovies under running water. Add them to the bowl.
- In a small bowl, whisk together the olive oil, vinegar mashed garlic and a generous amount of salt and pepper.
- Pour dressing over vegetables. Add the pieces of bread, sprinkle with finely chopped parsley and toss.

## Nutrition information per portion

223 Calories (kcal)	11.0 Total Fat (g)	1.5 Saturated Fat (g)	23.0 Total Carbs (g)
11%	16%	8%	9%
4.2 Sugars (g)	6.5 Protein (g)	2.9 Fibre (g)	1.2 Sodium (g)
5%	13%	12%	20%