

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

VG

Panzanella

- 2 slices stale bread
- olive oil
- 2 cloves garlic, sliced
- salt and pepper
- 2 small ripe tomatoes or 6 cherry tomatoes, chopped
- ½ a cucumber, chopped
- capers (optional)
- ½ red onion, thinly sliced
- red wine vinegar
- ½ bunch basil

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Preparation time

20 minutes

Serves

2

Per 100g:

Energy

604kJ/144kcal

Protein 2.2g

Carbohydrate 17.9g

Fat 7.1g



1. Cut or break the bread into bite-sized chunks.
2. Heat two tablespoons of olive oil in a frying pan with the garlic and then add the bread and sauté until brown, stirring often, until the bread soaks up the olive oil. Season with salt and remove the garlic.
3. Place the tomatoes, cucumber and onion in a salad bowl with the capers.
4. Mix a dressing with two parts olive oil to one part red wine vinegar, plus salt and pepper.
5. Add the bread and dressing to the salad with the torn basil leaves.
6. Leave to sit for up to an hour to allow the bread to soften and the flavours to blend.

Top tip: There are many variations to this traditional recipe. Try adding anchovies, leftover roast vegetables or feta cheese.

For more money-saving recipes, visit
wiseuptowaste.org.uk/foodwaste