

Sardine Panzanella

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Panzanella is a type of salad made with tomatoes and stale bread. Sounds weird, but the bread acts like a sponge and soaks up all the lovely flavour from the rest of the ingredients. Here, sardines, bread, tomatoes, capers and balsamic combine to make a tasty, prepare-ahead meal.

Ingredients:

650g chopped tomatoes, skinned and deseeded
200g ciabatta, ripped into pieces
1 red onion
4 x 110g tins sardines in spring water, drained
2 tbsp. drained capers
2 tbsp. freshly chopped basil leaves
1 tbsp. freshly chopped parsley
3 tbsp. extra-virgin olive oil
3 tbsp. balsamic vinegar
1 garlic clove
Salt and pepper

Directions:

1. Thinly slice the red onion. In a large serving bowl, whisk together the oil, vinegar and garlic clove. Season with salt and pepper. Add the tomatoes, onion, sardines, capers, basil and parsley.
2. Toss everything together, then add the bread and toss once more. Leave to sit for half an hour (at least) before serving.

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