

TOMATO AND BASIL SALAD

Makes 4 servings



Good at any time of the year but always best when tomatoes are in season.

INGREDIENTS	EQUIPMENT
<p>8 salad tomatoes cut into wedges or 250g cherry tomatoes, halved</p> <p>50g black olives – pitted and sliced</p> <p>25g sun-dried tomatoes – drained and thinly sliced</p> <p>1 medium-sized red onion – peeled and thinly sliced or 4 spring onions - chopped</p> <p>fresh basil leaves</p> <p>For the basil vinaigrette:</p> <p>4 tablespoons fresh basil leaves – torn</p> <p>1 garlic clove – peeled and crushed</p> <p>2 tablespoons Parmesan cheese – freshly grated</p> <p>4 tablespoons olive oil</p> <p>2 tablespoons lemon juice</p> <p>freshly ground black pepper</p>	<p>sharp knife</p> <p>chopping board</p> <p>large bowl or plate</p> <p>small bowl</p> <p>whisk</p> <p>garlic crusher</p> <p>tablespoon</p> <p>fork</p>

METHOD

1. Arrange all the prepared salad ingredients in a large bowl or on a large plate.
2. To make the vinaigrette, whisk the basil leaves, garlic, Parmesan cheese, olive oil, lemon juice and pepper in a small bowl until well blended.
3. Pour the vinaigrette over the salad ingredients and garnish with extra basil leaves.

RECIPE NOTES AND TIPS

- This salad is best made in the summer and early autumn when tomatoes are full of flavour.
- Don't add salt as there are lots of flavoursome ingredients in the recipe already.
- Spring onions can be used in place of the red onion.

ALLERGY AWARE

This recipe contains:

- Milk (Parmesan cheese)
- Sulphur dioxide (sun-dried tomatoes)

Per 158g serving

	ENERGY	10%
	836kJ / 202kcal	
MED	FAT	25%
	17.6g	
MED	SATURATES	17%
	3.3g	
LOW	SUGARS	5%
	4.1g	
MED	SALT	17%
	1.0g	

% of an adult's reference intake

Typical values per 100g : Energy 529kJ / 128kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (158g)
Energy	529kJ / 128kcal	836kJ / 202kcal
Protein	2.4g	3.8g
Carbohydrate (of which sugars)	3.7g (2.6g)	5.8g (4.1g)
Fat (of which saturates)	11.2g (2.1g)	17.6g (3.3g)
Fibre	1.6g	2.5g
Salt	0.6g	1.0g