

# Grilled capsicum, tomato, basil & mozzarella salad



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**Preparation:** about 10 mins **Cooking:** about 10 mins **Serves:** 4

### Ingredients:

- 1 large red capsicum
- 1 large yellow capsicum
- olive oil cooking spray
- 4 sliced ciabatta or country-style bread
- 2 garlic cloves, halved lengthways
- 6 medium ripe Roma (egg) tomatoes, thickly sliced lengthways
- 2 large balls fresh mozzarella\* cheese, drained and sliced
- 1/4 cup small basil leaves
- extra virgin olive oil, to serve
- salt and ground black pepper

*\*Fresh mozzarella is a smooth, white, soft cheese available from delicatessens – use 180g bocconcini cheese, if preferred.*

### Method:

1. Preheat a grill on medium-high heat.
2. Quarter capsicums lengthways and remove seeds and membranes. Place skin-side up on a grill tray. Grill capsicums for 5 minutes or until skin is blackened. Place in a plastic bag and set aside to cool. Peel and slice capsicums lengthways into thin strips.
3. Spray both sides of bread with oil and rub with garlic. Grill for 1–2 minutes on each side or until golden.
4. Arrange tomatoes, mozzarella cheese and capsicums on serving plates. Sprinkle with basil, drizzle with extra virgin olive oil, season with salt and pepper to taste and serve with warm garlic bread.



### Red capsicum:

- A top source of vitamin C, with just half an average-sized red capsicum supplying 5 to 6 times the recommended dietary intake of this anti-infection vitamin.
- A good source of beta carotene, which the body converts to vitamin A and uses to fight many infections.
- Provides niacin (vitamin B3).