

# Country-style tomato & fennel salad



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Preparation 20 mins | Serves 6 as a side dish

*This salad is a great side dish to serve with chicken, pork or ham.*

- 1 small red onion, halved and very finely sliced
- ½ tsp sea salt flakes
- 1 kg mixed tomatoes\*
- 1 medium or 2 baby fennel bulbs, trimmed, halved lengthways and finely shaved
- 2 tbs mini capers, drained and rinsed
- 2 tbs extra virgin olive oil
- 1 tbs red wine vinegar
- ½ cup small basil leaves
- ¼ cup toasted pine nuts

**STEP 1** Place onion into a large mixing bowl. Sprinkle with sea salt and toss to combine. Set aside for 10 minutes. Drain onion, squeezing out excess liquid then return to the bowl.

**STEP 2** Slice larger tomatoes and halve smaller tomatoes. Add tomatoes to the onion. Add fennel and capers. Drizzle with oil and vinegar. Season with pepper. Toss through basil and pine nuts and serve.

*\*We used a mix of small and large heirloom tomatoes, tomato medley and kumatoes.*

### Good for you... TOMATOES

*Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.*

