

Tomato, mozzarella, basil & crispy breadcrumb salad



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Preparation 15 mins | Cooking 5 mins | Serves 4

2 tbs olive oil
¼ cup fresh coarse sourdough breadcrumbs
450g mixed small tomatoes, halved or sliced
2 ripe large truss tomatoes, thickly sliced
2 tbs finely chopped red onion
1 Lebanese cucumber, diced
200g fresh mozzarella cheese, drained and roughly torn
½ cup basil leaves
Caramelised balsamic vinegar and extra virgin olive oil, to serve

STEP 1 Heat oil in a medium frying pan over medium heat. Add breadcrumbs and cook, tossing often, until golden. Transfer to a plate lined with paper towel. Set aside.

STEP 2 Arrange tomatoes on a serving platter. Sprinkle with onion, cucumber and mozzarella. Scatter with breadcrumbs and basil. Drizzle with caramelised balsamic and extra virgin olive oil to serve.

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.

