

tomato, capsicum & basil salad



tomato, capsicum & basil salad

Ingredients:

- 2 medium red and/or yellow capsicums, halved, deseeded and cut lengthways into 3cm-thick strips
- 1 medium red onion, cut into thin wedges
- 1/3 cup extra virgin olive oil
- 2 garlic cloves, crushed
- 4 medium ripe tomatoes, cut into wedges
- 1 cup Kalamata or black olives
- 1 bunch rocket, trimmed and large leaves torn into pieces
- 1/2 cup small basil leaves
- 1 tbs balsamic vinegar
- 1 tsp caster sugar
- salt and ground black pepper

Health benefits of tomatoes:

- An excellent source of vitamin C and also provides vitamin E. One of the many functions of vitamin C is to strengthen the immune system. Vitamin E helps keep membranes around every body cell healthy.
- A good source of dietary fibre, including soluble fibre (important for heart health).

Method:

1. Preheat a barbecue plate on medium-high heat. Place capsicums, onion, 2 tbs oil and garlic in a bowl. Toss to coat in oil. Barbecue capsicums and onions, turning occasionally, for 5 minutes or until just tender. Transfer to a plate and set aside to cool.
2. Combine tomatoes, olives, rocket leaves, basil, capsicums and onion in a large bowl.
3. Combine remaining 2 tbs oil, balsamic vinegar, caster sugar and salt and pepper to taste in a screw-top jar. Shake well to combine. Pour balsamic dressing over tomato salad. Gently toss to combine and serve with crusty bread or barbecued meat or chicken.

Serves: 4–6 as a side dish

Preparation: 20 minutes

Cooking: 5–6 minutes