

Tomato, fennel & burrata salad



Tomato, fennel & burrata salad

Preparation 15 mins | Serves 4 as a light meal or starter

750g mixed ripe tomatoes*
2 baby fennel
1 tbs lemon juice
100g burrata**, drained

To serve:

Extra virgin olive oil
Basil leaves
Crusty bread

* Use a mix of any ripe tomatoes - heirloom, mini roma, vine ripened, cherry, kumatoes, etc.

**Burrata is a rich delicious fresh Italian cheese made from mozzarella and cream. Inside it's deliciously creamy. Alternatively, use fresh mozzarella or bocconcini.

STEP 1 Slice tomatoes and arrange on a serving platter. Using a V-slicer or sharp knife, very finely slice fennel. Toss fennel with lemon juice. Arrange fennel mixture on tomatoes.

STEP 2 Tear burrata into pieces and arrange on salad. Drizzle with oil, season with sea salt and pepper to taste. Sprinkle with basil leaves and serve with crusty bread.

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.

