

Tomato medley, mozzarella & basil salad



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Preparation: about 10 minutes

Serves: 4–6

500g tomato medley (like cherry, kumatoes, mini roma, tear drop)

1 tbs extra virgin olive oil + extra to serve

1 garlic clove, finely chopped

Salt and ground black pepper

2 x 125g fresh mozzarella cheese balls*

¼ cup black olives

Small basil leaves, to serve

Crusty bread, to serve

**Or use 250g fresh bocconcini cheese*

1. Halve tomatoes lengthways and place into a large bowl. Drizzle with 1 tbs oil, sprinkle with garlic and season with salt and pepper. Gently toss to combine.
2. Arrange tomatoes on a serving platter. Drain mozzarella cheese and tear into rough pieces. Arrange mozzarella over tomatoes. Sprinkle with olives and basil leaves and drizzle with extra virgin olive oil. Serve with crusty bread.



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.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.
- As well as vitamin C, cherry tomatoes also provide vitamin E. These antioxidant vitamins help strengthen the health of the membranes around every body cell.
- A good source of dietary fibre, present in the seeds, skin and flesh.