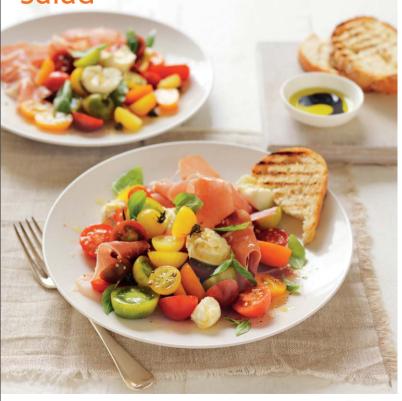
Tomato medley, prosciutto & bocconcini salad



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Tomato medley, prosciutto & bocconcini salad

Preparation: about 15 minutes

Serves:

500g tomato medley (like kumatoes, cherry, grape, tear drop and mini roma tomatoes) halved lengthways

1 tbs extra virgin olive oil

1 garlic clove, finely chopped

1 tsp caster sugar

Salt and ground black pepper

8 thin slices prosciutto, halved lengthways

4 fresh small mozzarella (or 8 bocconcini) cheese balls, torn into pieces

1/4 cup small basil leaves

Caramelised balsamic vinegar* and grilled sourdough bread, to serve

- Place tomatoes, oil, garlic and sugar into a medium bowl. Season with salt and pepper. Set aside for 10 minutes.
- Arrange tomatoes, prosciutto and mozzarella on serving plates. Sprinkle with basil and drizzle with caramelised balsamic vinegar. Serve with grilled sourdough bread.
- *Caramelised balsamic vinegar is available from supermarkets



Tomatoes

- Tomatoes, including cherry 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.
- vitamin C, which the body uses to defend itself against infection. Provide potassium which is used by the body to balance adverse effects of

An excellent source of

• A good source of dietary fibre, present in the seeds, skin and flesh.

the sodium in salt.

