

Tomato medley, prosciutto & bocconcini salad



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Preparation: about 15 minutes
Serves: 4

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

¼ cup small basil leaves

Caramelised balsamic vinegar* and grilled
sourdough bread, to serve

1. Place tomatoes, oil, garlic and sugar into a medium bowl. Season with salt and pepper. Set aside for 10 minutes.
2. 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.
- 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.
- A good source of dietary fibre, present in the seeds, skin and flesh.