



Product Spotlight: Abhi's Ciabatta

Abhi's products have reached cult status over the last 20 years and the ciabatta we have used is no exception. This loaf is the classic Italian slipper bread. Crunchy crust, chewy texture, open airy and holey.



Grilled Panzanella Salad with Crispy Capers

This panzanella salad has all of the traditional, rustic elements you know and love; fresh Summer tomatoes, bread soaked in garlic and vinegar dressing and fresh basil coupled with grilled vegetables, bocconcini and crispy fried capers.



30 minutes



2 servings



Vegetarian

Refresh!

If you are craving a dinner that is super fresh, you can switch this salad up and save the day! Skip the BBQ: ribbon zucchini, dice red onion and tear the bread into chunks. Toss with dressing and remaining ingredients.

Per serve: **PROTEIN** 34g **TOTAL FAT** 15g **CARBOHYDRATES** 76g

FROM YOUR BOX

ZUCCHINI	1
SHALLOTS	2
BABY CAPERS	1 jar
BABY CIABATTA LOAF	1
GARLIC CLOVE	1
TOMATOES	2
RED CAPSICUM	1
BASIL	1 packet
BOCCONCINI	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano, dried chilli flakes

KEY UTENSILS

BBQ (or griddle pan), frypan

NOTES

Line plate with paper towel or a clean kitchen towel.

Use chilli flakes to taste or omit all together if desired.

No gluten option – ciabatta is replaced with GF flatbread. Cut into chunks, rub with oil and toast in oven at 200°C for 5 minutes, or on the BBQ for 2 minutes each side.



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1. GRILL THE VEGETABLES

Heat a BBQ over medium-high heat. Cut **zucchini** into angular pieces, peel and wedge **shallots**. Toss with **oil**, **3 tsp oregano**, **salt and pepper**. Add to BBQ and cook, turning, for 8-10 minutes until tender.



2. FRY THE CAPERS

Heat a frypan over medium-high heat with **2 tbsp oil**. Drain **capers** and pat dry. Add to pan and cook for 5-7 minutes until crispy. Remove to a lined plate (see notes) and keep pan over heat.



3. TOAST THE CIABATTA

Cut **ciabatta** into large chunks. Add extra **oil** to frypan. Add **ciabatta**, in batches if necessary, and cook, turning, until toasted and golden.



4. MAKE THE DRESSING

Crush **garlic**. Add to a large bowl along with **3 tbsp olive oil**, **2 tbsp vinegar**, **1/2-1 tsp chilli flakes** (see notes), **salt and pepper**. Whisk to combine.



5. TOSS THE SALAD

Slice **tomatoes**. Dice **capsicum** and roughly chop **basil** (including tender stems). Add to dressing along with **toasted ciabatta** and **grilled vegetables**.



6. FINISH AND SERVE

Roughly tear **bocconcini**.

Divide **salad** among shallow bowls. Top with **bocconcini** and **crispy capers**.

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