



ITALIAN CRUSTY BREAD AND TOMATO SALAD



Ingredients:

- 1 bunch basil leaves
- 1 medium Lebanese cucumber
- 500 g cherry tomatoes
- 80 g fetta
- 2 tbs extra virgin olive oil
- 2 tbs balsamic vinegar
- 5 thick slices olive sourdough
(or regular sourdough plus some olives)

Method:

1. Tear sourdough into bite size pieces, and toast under grill until light brown and crisp.
2. Chop tomatoes into halves/ quarters depending on size.
3. In a bowl mix together cherry tomatoes and sliced cucumber, add in toasted sourdough pieces.
4. Place in a large serving dish and scatter with torn basil leaves and crumbled fetta.
5. In a small jar place olive oil and balsamic vinegar. When ready to serve, shake the jar until combined and drizzle over the salad.

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	1242 kJ
Protein	9 g
Fat	20.5 g
Saturated Fat	6.7 g
Carbohydrate	24.9 g
Sugars	7 g
Fibre	4.7 g



HOT TIPS

Add 300g chopped grilled chicken for an extra 22g of protein per serve – making this a good recovery meal post training.