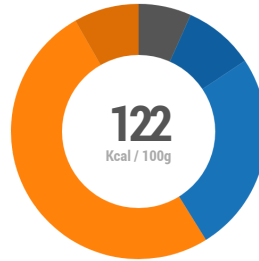


# Tomato & panzanella Niçoise style salad (website)

OVERVIEW ...



CALORIES:  
**34.5% Carbs**  
**6.7% Protein**  
**58.8% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

450671 Beef Tomatoes (19 Oct 2023)..  
BEEF TOMATOES

BRAKES **50g**

**1x Average Portion**

N/A

12068 Yellow Cherry Tomatoes (19 Oct 2023)..  
YELLOW CHERRY TOMATOES

BRAKES **30g**

**0.12x Each**

unchanged

10364 Red Cherry Tomatoes (19 Oct 2023)..  
RED CHERRY TOMATOES    FRESH DIRECT

BRAKES **30g**

**0.12x Each**

unchanged

450706 Inca Tomatoes (19 Oct 2023)..  
INCA TOMATOES

BRAKES **40g**

**0.8x Average Portion**

unchanged

113099 La Boulangerie Fully Baked Artisan Plain Sourdough Loaves..  
SOURDOUGH

BRAKES **50g**

**0.08x Each**

unchanged

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion..  
PICKLED SWEET & SOUR RED ONION

BRAKES **10g**

**0.01x Each**

unchanged

114204 Fine Beans (19 Oct 2023)..  
BEANS    FRESH DIRECT

BRAKES **40g**

**0.03x Each**

unchanged

127154 ECOCE Sherry Vinegar CASE.. - BRAKES

 127154 SHERRY VINEGAR CASE

BRAKES

10ml

0.02x Each

N/A

33889 Olive Oil..

OLIVE OIL BRAKES

BRAKES

20ml

unchanged

113879 Herb Bunched Basil (19 Oct 2023)..

PREMIUM LARGE BASIL BUNCH FRESH DIRECT

BRAKES

5g

N/A

119650 Cypressa Lemon & Herb Marinated Olives (Pitted).. - BRAKES

 119650 PITTED OLIVES KATSOURIS

BRAKES

10g

0.01 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 295g / 374kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Top & tail the french beans, blanch and refresh, cut in half - chill

Defrost the bread

Pick basil leaves

Method:

1. Cut the bread into croutons, toss in some olive oil and season - bake in an oven @180oC until crisp.
2. Cut all the tomatoes into unique shapes and chunks .
3. Mix the tomatoes in the olive oil and vinegar, coat well and tear in the basil.
4. Add in the remaining ingredients, season to taste and spoon onto your chosen plate.