

heute gibt es...

Panzanella crisp



Ingredients:

- 140g stale bread as ciabatta
- about 180g ripe cherry tomatoes
- 1 large red onion
- 125g Mozzarella
- 60g black, pitted olives
- 1 handful basil leaves
- olive oil
- balsamic vinegar
- Salt and pepper

Preparation:

1. Preheat the oven to 200 ° C (fan) Preheat.
2. Cut the bread in about 2x2cm cubes and place on a lined baking tray. Drizzle with some olive oil and fry until golden brown for 10-15 minutes in the oven.
3. In the meantime, cut the onion into about 2-3 mm thick slices, which are then quartered.
Hint: If you onions often hard in the stomach, you can put in a bowl with cold water and 2 tablespoons salt them. After 30 minutes, water and salt change and infuse for 30 minutes. This onion is easier to digest.
4. The tomatoes in half the mozzarella cubes, cut the olives into rings and add everything together with the onion in a bowl.
5. Season Now the whole thing with vinegar, oil, salt and pepper.
As a rough guide for those who may feel uncomfortable with this vague statement: you should add about 3 tablespoons vinegar and 2 tablespoons of olive oil to the amount of bread.
6. Then the basil leaves zerrupfen with your hands, add together with the toasted bread cubes and mix everything well.
7. Leave to the salad about 10 minutes (not really longer, otherwise goes to the "Crunch" lost) and enjoy.



