

# Recipes and Tips



## **Panzanella with chicken or paneer**

Serves 3 as a main course

500g tomatoes, cut up  
3/4 of a fresh baton, white or multi-grain, torn into pieces  
orange or yellow bell pepper, chopped  
6 spring onions sliced into rings  
20 black olives  
375 g cooked chicken or paneer, cut into cubes  
salt and pepper to taste

1 tablespoon of wine vinegar  
1 clove of garlic minced  
1/2 teaspoon mustard Dijon or whole grain  
juice from salted tomatoes  
4 tablespoons olive oil or more to taste

Cut the tomatoes up, put them into a colander and salt them. This should take around 15 minutes. Save the juices that come out of them to add to the dressing.

Toss the torn pieces of fresh bread with a tablespoon of olive oil and some salt. Put into a preheated 150°C oven for 15 minutes.

Whisk together vinaigrette ingredients.

Combine all the salad ingredients. Toss everything to coat and season with salt and pepper. Let rest 30 minutes before serving, tossing occasionally until the dressing is absorbed by the bread.