KIKKOMAN

# Panzanella: classic Italian bread salad

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
**1,210 kJ / 289 kcal**

Fat: **18 g** Protein: **13 g**
Carbohydrates: **20 g**

## INGREDIENTS

**6 portion(s)**

| | |
|---|---|
| **800 g** | tomatoes, large, ripe |
| **300 g** | stale bread |
| **1** | small red onion |
| **1** | cucumber |
| **300 g** | mozzarella, torn into pieces |
| **12** | fresh basil leaves |
| **60 ml** | olive oil |
| | Black pepper, to taste |
| **1 pinch** | of salt |
| **60 ml** | Kikkoman Sauce for Poke Bowl |
| **3 tbsp** | balsamic glaze |
| **1** | garlic clove, peeled and crushed |

## PREPARATION

### Step 1

**800 g** tomatoes, large, ripe - **300 g** stale bread - **1** small red onion - **1** cucumber - **300 g** mozzarella
Wash the tomatoes and chop into pieces. Cut the bread into cubes. Peel and thinly slice the onion. Wash and dice the cucumber. Tear the mozzarella into pieces by hand.

### Step 2

**12** fresh basil leaves - **60 ml** olive oil - Black pepper, to taste - **1 pinch** of salt
In a large bowl, mix the tomatoes with the salt and leave for 15 minutes to release their juices. After 15 minutes, add the bread, onion, cucumber and torn mozzarella from Step 1. Add the basil leaves. Season with the black pepper and drizzle with the olive oil, then gently toss to combine.

### Step 3

**60 ml** Kikkoman Sauce for Poke Bowl - **3 tbsp** balsamic glaze - **1** garlic clove, peeled and crushed
In a small bowl, mix the Kikkoman Poke Sauce, balsamic vinegar and crushed garlic. Pour the dressing over the prepared salad and gently mix. Chill the salad for a few minutes before serving, then give it one final toss.