

Panzanella

Total time **15 mins 15 mins** preparation time

INGREDIENTS

4 portion(s)

250 g ciabatta bread

4 vine ripened tomatoes,

chopped

1 cucumber, smashed with

a rolling pin, then cut into

chunks

1 small red onion, sliced

1 bunch basil, leaves picked

Dressing:

3 tbsp olive oil

3 tbsp Kikkoman Naturally

Brewed Soy Sauce

4 tbsp pink grapefruit juice

1 lemon (juice)

1 clove garlic, finely grated

PREPARATION

Step 1

Tear the ciabatta into bite sized chunks and set aside while you prepare the salad.

Step 2

Mix the dressing ingredients together in a large bowl and season with black pepper and a large pinch of sugar to taste.

Step 3

Add the chunks of tomato, the cucumber and the onions to the bowl.

Step 4

Toss in the dressing and leave to marinate for at least 15 minutes, or until you're ready to serve.

Step 5

Just before serving toss the ciabatta into the salad along with most of the basil leaves, scattering the rest of the leaves on top.