



A MESSAGE FROM DR. RUPY

The ingredients fennel, tomato and basil deliver a wealth of complex plant chemicals that provide health benefits as well as a beautiful marriage of flavours.

DR.RUPY PANZANELLA STYLE SALAD (VG)

INGREDIENTS

1/2 a fennel
150g heirloom tomatoes
250g tomatoes
100g white chicory
100g red chicory
30g basil
1/2 a seeded sourdough loaf
50ml extra virgin olive oil
1-2 tbsp nigella seeds

SERVES 4-6

METHOD

1. Finely slice fennel and place into iced water.
2. Cut tomatoes into neat chunks.
3. Prepare chicory, keeping leaves quite large, wash and drain.
4. Cut bread into chunks, drizzle with a little olive oil, bake at 180°C until golden brown and crunchy.
5. Tear basil.
6. Mix everything together and serve.

Per portion: Energy 1202 kj/288 Kcal Fat 14.6g Saturates 2.0g Sugars 3.8g Salt 0.54g