

Italian Tomato & Bread Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-italian-fish-pie-recipe>

Ingredients:

- 7 ounces ciabatta bread stale or part-baked
- 4 cups mixed tomatoes ripe, roughly chopped
- sea salt
- ground black pepper freshly
- 1 handful capers small, soaked and drained
- 1 red onion peeled, halved and very finely sliced
- 2 3/4 cups peppers roasted, in olive oil, drained and roughly chopped
- 8 anchovy fillets in olive oil, drained, optional
- red wine vinegar good-quality
- extra-virgin olive oil good-quality
- 1 bunch fresh basil leaves picked

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 21 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 750 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Italian Tomato & Bread Salad above. You can see more 19 jamie oliver italian fish pie recipe Savor the mouthwatering goodness! to get more great cooking ideas.