

## Mushroom Panzanella Salad with Mozzarella and Caramelised Onion

Mimi admits that salad isn't her favourite thing - but her mushroom panzanella salad with mozzarella and caramelised onion is 'something else'. For a salad with bells on - get panzanella-ing!



30 mins



veggie



healthy





Red Onion (1)



Balsamic Vinegar



Portobello Mushrooms (1 small punnet)



Vine Tomato (2)





Mozzarella (1 ball)





Rocket (1 bag)

Basil (½ bunch)

Ingredients	2 PEOPLE	ALLERGENS
Ciabatta	1	Gluten
Red Onion, sliced	1	
Balsamic Vinegar	1 tbsp	Sulphites
Portobello Mushrooms, sliced	1 small punnet	
Vine Tomato, chopped	2	
Lemon	1/2	
Mozzarella	1 ball	Milk
Rocket	1 bag	
Basil, torn	½ bunch	
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Our fruit and veggies come straight from the farm so give them a little wash before using

## Did you know...

Mozzarella is known as fior di latte in Italy.

Nutrition per serving: Calories: 365 kcal | Protein: 20 g | Carbs: 32 g | Fat: 14 g | Saturated Fat: 10 g



Pre-heat your oven to 210 degrees. Cut the ciabatta into 1cm cubes, toss in 2 tbsp of olive oil, lay on a baking tray and pop in your oven for 10-15 mins until golden brown and crisp. When ready, remove your croutons from your oven, sprinkle with a pinch of salt and set aside to cool. Tip: Keep an eye on your croutons and check them after 8 mins to make sure they aren't burning!





2 In the meantime, cut the **onion** in half through the root, peel and slice thinly into half moon shapes. Put 1 tbsp of oil in a saucepan on medium-low heat and add the onion. Cook for 10 mins, then add the **balsamic vinegar**, turn the heat to low, put the lid on and cook for a further 10 mins.

While the **mushrooms** are cooking tear up the mozzarella and put three-quarters of it into the bowl with the tomatoes.

When everything is ready add

along with your caramelised **onion** 

squeeze over the rest of the **lemon** 

juice. Toss everything together and

check the seasoning. Sprinkle in a little more **salt** and **pepper** if you

and cooked mushrooms. Tear in

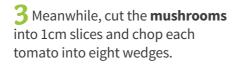
half of the **basil**, throw in three-

quarters of your croutons and

the **rocket** to the bowl as well,



need to. Serve your panzanella in bowls, with the rest of the mozzarella and croutons on top and tear over the remaining basil. Enjoy!



Put the tomatoes into a bowl and squeeze over half the lemon juice, 1/4 tsp of salt and a good grind of **pepper**. Drizzle over 1 tbsp of olive oil and leave to the side.



5 Put 1 tbsp of **butter** (if you have some) or 1 tbsp of oil in a frying pan on medium-high heat and add the **mushroom** slices. Sprinkle over