

Italian salad with capsicums, bocconcini & capers

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This Italian salad is made with tomatoes, marinated capsicums, bocconcini & capers.

Ingredients (serves 5)

- 1 loaf ciabatta or sourdough bread (stale preferable)
- 4 cloves garlic
- 1 tsp fennel seeds
- 4 tbsp olive oil
- 600g mixed tomatoes (baby tomatoes, Roma and various colours)
- 2 char-grilled marinated [capsicums](#)
- 150g bocconcini
- 1 tsp pink lake sea salt
- ½ tsp cracked black pepper
- 3 tbsp black pepitas
- 1 tbsp capers
- 1 bunch fresh basil
- 1 tsp red wine vinegar or balsamic vinegar

Method

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Tear bread into two to three cm small pieces and spread out on a large roasting tray. Crush garlic over the bread and sprinkle the fennel seeds on top. Splash over two tablespoons of the olive oil and rub all together until each piece of bread is lightly coated. Place in a 180°C oven until golden and crunchy. Once done, take out of oven and let cool on bench top.

Roughly chop your tomatoes and capsicums and throw into a bowl. Tear up the bocconcini and put on top. At this stage, mix through the salt, pepper, pepitas and capers.

Once bread is cooled, put into bowl with the tomatoes around half at a time (only add what you think is required – you don't want the salad to only be bread!) and using your hands mix everything together. Pick off the basil leaves and vinegar and quickly toss through.

Recipe from [Kate Bradley](#); photo credit: Elisa Watson

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