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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



Ciabatta (1)



Red Onion (1)



Balsamic Vinegar
(1 tbsp)



Portobello Mushrooms
(1 small punnet)



Vine Tomato (2)



Lemon (½)



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	½	
Mozzarella	1 ball	Milk
Rocket	1 bag	
Basil, torn	½ bunch	

 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

1



1 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



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.

4



3 Meanwhile, cut the **mushrooms** into 1cm slices and chop each tomato into eight wedges.

5



4 Put the **tomatoes** into a bowl and squeeze over half the **lemon** juice, ¼ 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

¼ tsp of **salt** and a good grind of **pepper**. Cook for 4-5 mins until the **mushrooms** are browned, then remove the pan from the heat.

Tip: *If your pan is quite small, do this in batches to avoid stewing the mushrooms.*

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

7 When everything is ready add the **rocket** to the bowl as well, along with your caramelised **onion** and cooked **mushrooms**. Tear in half of the **basil**, throw in three-quarters of your croutons and 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 need to.

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