

April's recipe of the month

Lazy Panzanella

Love Food Hate Waste Champion
Esme shares her favourite way of using up stale bread



"I was introduced to Lazy Panzanella by my friend Anne. It's so easy to make as there is no real cooking involved but it tastes great. The perfect recipe to turn your stale bread into a delicious lunch or light supper."

Ingredients

Serves two

2 stale rolls (or other stale bread)
ciabatta or a rustic loaf is best

2 large tomatoes from the greenhouse,
cored and diced – these can be overripe

1/4 red onion, finely chopped

1/2 English cucumber

5 or so fresh basil leaves, torn

2 cloves of garlic, crushed

1 tbsp capers, rinsed

1 tbsp good red wine vinegar

1 tbsp good olive oil

Good salt and freshly ground pepper

Method

Rip the bread into bite-sized bits.
Place on a baking tray and grill for about 5 minutes, turning once.

Combine the tomatoes, onion, cucumber, basil, garlic and capers. Add the bread and combine well, letting the bread soak up the juices. Splash the vinegar and oil over the bowl and stir in. Season to taste with salt and pepper. Pop in your lunch box and then enjoy!

Top tip

You could also add peppers (roast them slightly if they have gone a bit wrinkly).

Mash some anchovies into the dressing for extra flavour.

Basil is the classic but parsley also works well.

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