



Low FODMAP Panzanella Salad

Serves: 4

Prep: 5 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
4 slices sourdough Spelt bread*	164 g	5.8 oz
⅓ cup extra virgin olive oil	80 g	2.8 oz
Cherry tomatoes, halved	300 g	10.5 oz
Pitted kalamata olives, halved	100 g	3.5 oz
½ cup torn basil leaves	8 g	0.3 oz
1 tbsp balsamic vinegar	16 g	0.56 oz

Method

1. Brush bread with 1 tablespoon of oil. Place bread under the griller until lightly charred. Tear into bite-sized pieces.
2. Place bread, tomatoes, olives and basil in a large bowl.
3. Season bread mixture with salt and pepper.
4. Whisk remaining oil and vinegar together. Season with salt and pepper. Pour dressing over salad.
5. Toss salad gently and serve.

Hints

- This salad pairs nicely with cooked chicken or lamb.

*Monash University Certified low FODMAP sourdough spelt bread

Nutrition Information (per serve)	
Energy	1519 Kj / 363 cal
Protein	5.30g
Carbohydrates	24.50g
Sugar	3.80g
Total Fat	26.00g
Saturated Fat	4.00g
Fibre	7.80g