





SERVES 2

Ingredients

- 1 green pepper
- 1 red pepper
- 2 cloves of garlic
- 3 spring onion
- 6 large ripe tomatoes
- 90g of ciabatta bread (1 medium sized ciabatta)
- ½ cucumber Small bunch of basil
- 2 tbsp of olive oil
- 1 tsp of balsamic vinegar











Method

- 1. Cut the red and green peppers into small pieces and put them into a large bowl.
- 2. Peel and cut the cucumber and add them to the bowl.
- 3. Slice the garlic and add to the bowl.
- 4. Cut 45g of ciabatta bread into small pieces, add the bread, the olive oil and the balsamic vinegar to the bowl. Season with salt and pepper and mix gently until all the ingredients are coated evenly.
- 5. Cover and put the bowl into the fridge, leave to marinate for 2-3 hours.











6. Blend all the ingredients until smooth, finish with chopped basil. Serve with the rest of the toasted ciabatta.

OUR THANKS TO KOEN BOUCKAERT FOR THIS RECIPE

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