

Mt Eliza Primary School Kitchen Garden Program



Summer Salad with Bocconcini, Tomatoes and Fried Bread

Equipment:

Sharp knife
Chopping board
Frypan/s
Measuring cups and spoons
Serving bowls
Serving spoons

Ingredients:

10 small bocconcini
15 tom thumb tomatoes
200 g snow pea shoots or baby spinach
2 baby cos lettuce, or similar
1 medium sized brown onion
½ a loaf of interesting bread, cut into 12 slices.
6 tbsp. of olive oil
Balsamic glaze

What to do:

- 1. Cut onion into thin wedges and place in frypan with 2 tbsp. of oil. On a gentle heat cook for 10 mins. Ensure the onions are gently stirred to prevent burning.
- 2. Remove onions, and in the same frypan fry slices of bread with olive oil. Create a nice brown surface on each side of the bread. Aim to have slightly oily looking bread. You may need to add more olive oil while cooking.
- 3. Allow bread and onion to cool down for 5 mins. You may decide to break the bread into pieces, so everyone gets a piece.
- 4. Break each bocconcini into 4 pieces using your hands.
- 5. Cut the tomatoes into small bite sized pieces.
- 6. Just before serving layer each ingredient on top of each other. Aim to end up with a mound of delicious looking salad. If you need to serve this on 4 tables, divide into 4 large bowls.
- 7. Drizzle balsamic glaze over the salad. Be generous with this glaze.
- 8. Place serving spoons in each bowl.