



Grilled Mediterranean Salad

Teresa Cutter has a wonderful plant-based cookbook called EARTH TO TABLE which we use regularly. Did we mention that? Did we mention that we love LOVE LURVE her?

This salad is a good one for lunch boxes or eaten straight from the fridge.

Ingredients

- 1-2 eggplants sliced into rounds
- 3 red capsicums, sliced
- 2 zucchini, sliced lengthways
- olive oil
- 1 punnet cherry tomatoes, halved
- 3 Tbsn capers
- handful of olives
- 1 smashed clove of garlic
- parsley & torn basil
- 60ml balsamic

Method

- Grill eggplant, capsicum & zucchini until tender with a drizzle of oil then place in a large bowl.
- Add tomatoes, capers, olives, garlic, basil & parsley.
- Drizzle with 1/2 the balsamic.
- Serve warm or at room temperature drizzled with the remaining balsamic.

- Optional: add a generous serving of pecorino or toss with tender cooked farro or barley.