Roast Pepper and Artichoke Bread Salad

2 generous salads · Active 15 min · Total 25 min

Skills: Easy

Ingredients

- 5 oz crusty bread, torn into 3/4-inch pieces (140 g)
- 1 cup drained roasted red peppers, cut into strips (150 g)
- 1 cup drained artichoke hearts, cut into pieces (150 g)
- 1/4 cup pitted green olives, halved (35 g)
- 2 tablespoons olive oil (30 ml)
- 1 tablespoon red-wine vinegar (15 ml)
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 2 tablespoons chopped parsley (8 g)

Set out

Large mixing bowl, Knife, Colander

Allergens

Wheat. Check labels and substitutions.

Make it

1. Drain peppers, artichokes and olives well, blotting excess oil from artichokes if needed.

2. Whisk oil, vinegar, oregano and pepper in the bowl. Add bread and toss gently.

3. Fold in peppers, artichokes, olives and parsley.

4. Rest for 10 minutes, toss once more and serve. Taste before adding any extra salt.

A tin-free serving bowl

Use one large bowl for mixing and eating if space is tight. Return unused jarred vegetables to the refrigerator according to their labels rather than leaving them on the travel table.

A useful detail

A drier loaf may need 1 tablespoon water added with the dressing; add sparingly rather than soaking the bread.

Keep it well

Best eaten just after the short rest. Refrigerate any prepared salad within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 1 day. For a later meal, keep bread separate until shortly before eating.