

Heritage Tomato, Feta, Caper & Basil Salad

A delicious, colourful salad. Perfect for enjoying during a sunny day.



Ingredients:

- 3 room temp large heritage tomatoes
- 6 room temp cherry tomatoes
- 1 sprig rosemary
- 2 cloves garlic
- 12 freshly picked basil leaves
- 2 tsp chopped capers
- 1 tsp picked and shredded flat leaf parsley
- 1 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- Sea salt
- Cracked black pepper
- Caster sugar for dusting
- Rapeseed oil for cooking (you can use veg/sunflower oil or similar as alternative)
- 80g crumbled feta cheese

Method:

- 1- Preheat oven to 150°C
- 2- Wash and cut your cherry tomatoes in half horizontally and place in a bowl. Lightly coat with rapeseed oil, salt and pepper.

- 3- Place on a lined oven tray all facing up (so you can see the seeds). Dust with some of your caster sugar and add the rosemary and garlic.
- 4- Place in the oven for about 15-20 minutes until they begin to shrink and wrinkle. Place to one side, removing the rosemary and garlic.
- 5- Whilst the tomatoes are in the oven, grab your large heritage tomatoes and remove the green stems with a small knife.
- 6- Cut them into 6 small wedges and place in a bowl.
- 7- Mix them together with a good splash of your extra virgin olive oil, a pinch of salt, sugar and black pepper.
- 8- Add your capers, flat parsley and a quarter of your feta.
- 9- Now to plate.
- 10- Place your mix of tomatoes, caper, flat parsley and feta into a serving bowl or plate. Use a spoon to do so.
- 11- Spoon on the remaining feta, let it fall off the spoon on top of the mix.
- 12- Add your cherry tomatoes randomly and garnish with a pinch of sea salt and black pepper.
- 13- Drizzle a touch more extra virgin olive oil along with drizzling your balsamic vinegar
- 14- Garnish with the basil leaves and serve.

