

Jamie Oliver's Sausage panzanella

TOTAL TIME 35 MIN | SERVES 4

7 oz (200 g) quality stale bread

12 black olives, with pits

2 tsp (10 mL) capers (heaping)

2 lbs (1 kg) ripe mixed tomatoes

1 small red onion

1 bunch of fresh basil (1 oz)

1/2 clove of garlic

3 tbsp (45 mL) red or white
wine vinegar

5 tbsp (75 mL) extra virgin olive oil

2 good-quality lean pork sausages
(preferably higher-welfare)

2 tsp (10 mL) sweet smoked paprika

1 tsp (5 mL) fennel seeds (heaping)

Olive oil

2 sprigs of fresh rosemary

10 oz (300 g) ripe cherry or
grape tomatoes

1 1/2 oz (45 g) Parmesan cheese

1. Preheat the oven to 375°F. Tear the bread into thumb-sized pieces, place in a roasting pan, and pop into the oven for around 15 minutes, or until crisp and golden. Meanwhile, pit the olives and place in a small bowl with the capers and a splash of boiling water.

2. Roughly chop the 2 pounds of mixed tomatoes, peel the onion and slice as finely as you can, and pick the basil leaves (reserving the stalks and a handful of baby leaves). In a big bowl, toss the chopped tomatoes with the basil leaves and most of the onion, then put half the mixture into a blender with the basil stalks, peeled garlic, vinegar and extra virgin olive oil and blitz until smooth. Season, then pour the dressing back into the bowl, add the olives, capers and soaking water, and toss with the toasted bread – it will look like a lot of dressing, but don't worry, the bread will soak it all up.

3. Squeeze the meat out of the sausages into a cold frying pan and add the paprika and fennel seeds. Place on a medium heat with a splash of olive oil and fry until golden, breaking up the meat with a wooden spoon. When lightly golden, pick in the rosemary leaves and fry for just another minute.

4. Taste the salad and season to perfection, if needed, then transfer to a nice serving platter and pour the contents of the frying pan over the top. Halve or quarter the cherry or grape tomatoes and scatter over the salad with the reserved baby basil leaves and remaining finely sliced onion. Use a vegetable peeler to shave over the Parmesan, and serve.

PER SERVING (1/4 of the recipe): **580** calories, **38 g** total fat,
9 g saturated fat, **39 g** carbs, **15 g** sugars

Ingredient and nutrition content of recipes may vary due to changes in product formulation, recipe substitutions, portion size and other factors.