



Italian Panzanella Salad – old bread salad
The carnivores version
Serves for 4

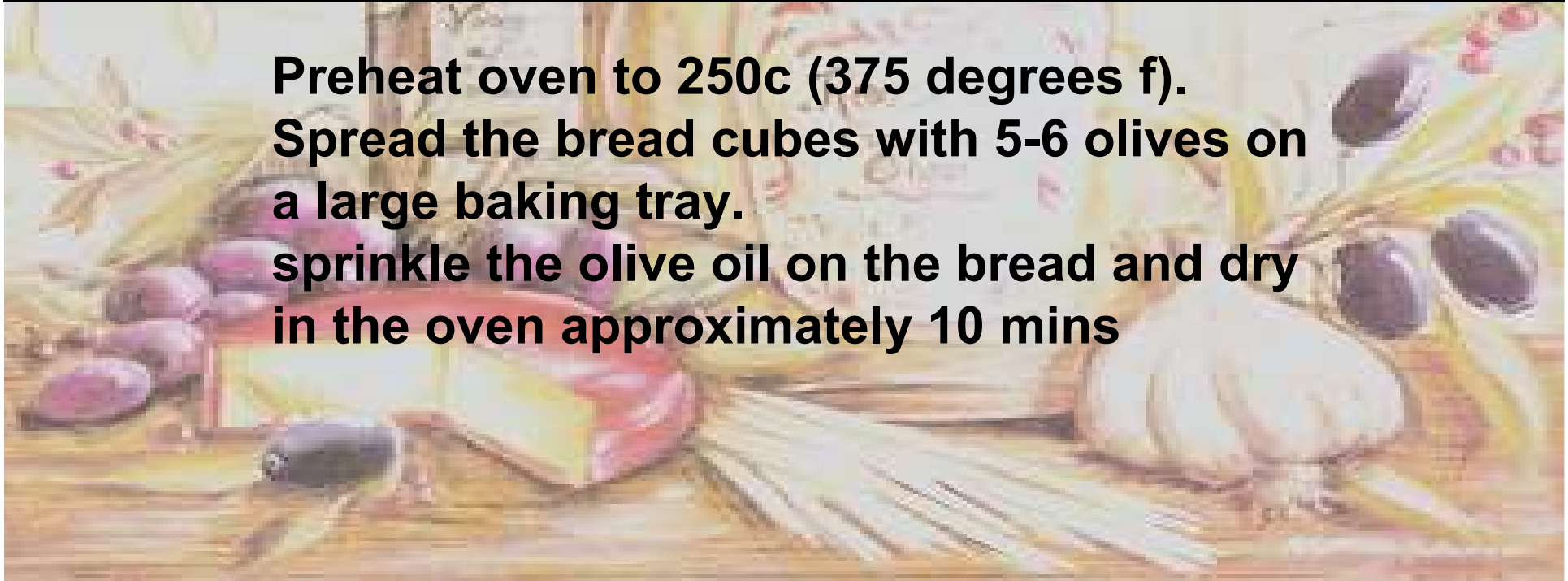


4 cups stale (1 to 3 day-old bread) bread, cut into cubes
2 cloves garlic, minced
1/2 cup extra-virgin olive oil
2 TBS sesames oil
1/3 cup balsamic vinegar
2 cups fresh tomatoes, diced
1 cup red onion, peeled and sliced
1/4 cup diced red peppers
1/4 cup olive Kalamata , pitted
1/4 to 1/2 cup fresh coriander leaves, torn into pieces
Kosher salt and ground black pepper
200g chicken breast.





**Preheat oven to 250c (375 degrees f).
Spread the bread cubes with 5-6 olives on
a large baking tray.
sprinkle the olive oil on the bread and dry
in the oven approximately 10 mins**





Drip the olive oil on the chicken breast, add some spices and bake the chicken breast in the oven approximately 10 mins.

Slice the chicken breast.



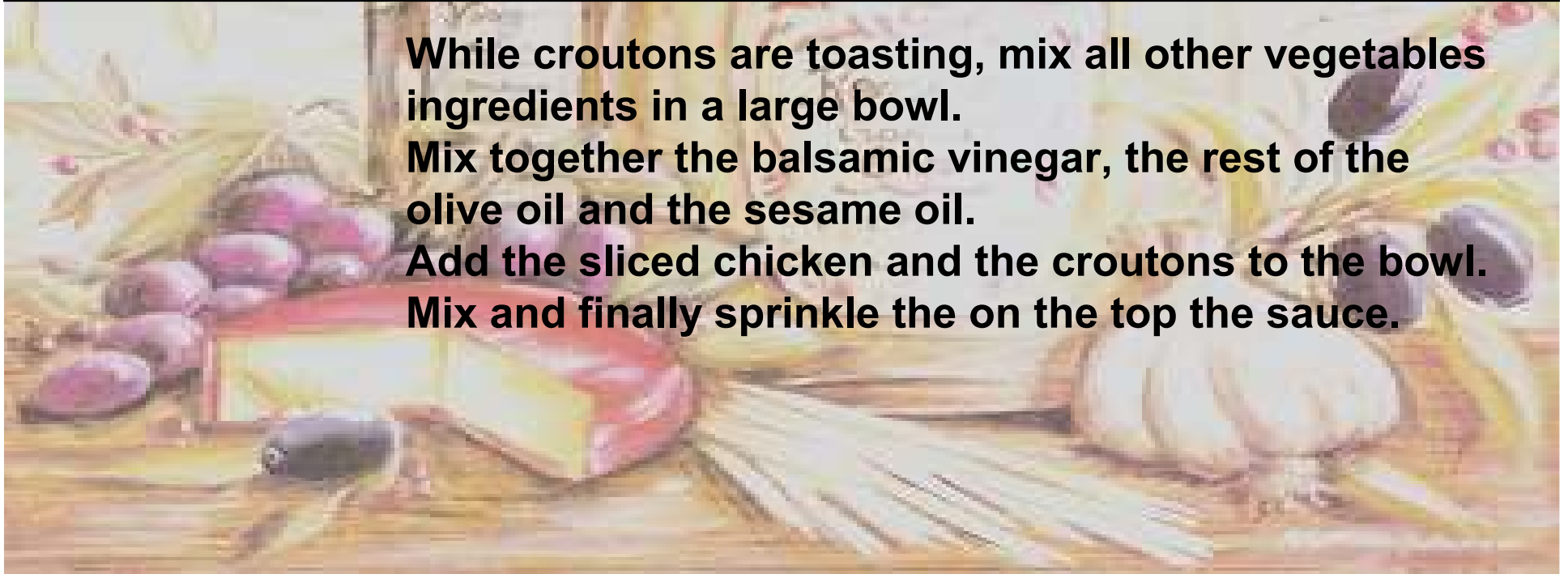


While croutons are toasting, mix all other vegetables ingredients in a large bowl.

Mix together the balsamic vinegar, the rest of the olive oil and the sesame oil.

Add the sliced chicken and the croutons to the bowl.

Mix and finally sprinkle the on the top the sauce.





Ready to serve...



Enjoy

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Cookware: [ADAMA studio](#)