

Warm Roasted Pepper, Sardine & Ciabatta Salad



Serves 2 **Prep 15 mins**

Cooking 25 mins

Easy

Ingredients

1 red pepper
1 orange pepper
75g ciabatta, torn into chunks
1 small fennel bulb, finely sliced (in a mandolin) a bunch of parsley, chopped
1 x 140g tin sardines in oil, drained

For the dressing

3 tbsp olive oil
2 tbsp white wine vinegar
1 tsp Dijon mustard

1. Heat the grill to high. Sit the peppers in a roasting tin & grill for about 10 minutes, turning, until blackened all over or roast in the oven at 200C Fan for 1/2 hour. Put the peppers into a bowl, cover with cling film and leave for 10 minutes until cool enough to peel off the skins and discard the stalks and seeds. Keep any juices that are in the bowl for the dressing. Tear the peppers into chunks and put in a salad bowl.
2. Heat the oven to 200C/ Fan 180C/ Gas 6. Toast the ciabatta and tear or cut into chunks. Toss with a drizzle of olive oil and set aside.
3. Whisk the dressing ingredients with 2 tbsp of the pepper juices - season to taste, then pour over the peppers and mix. Scatter over the fennel, parsley and ciabatta croutons, and toss to mix well. Flake in the sardines and give the salad a gentle toss to fold the fish through. Eat straight away while the bread is still crunchy.