



ITALIAN SUB SALAD

WITH HERBY DRESSING

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 25 minutes

This super easy Italian sub salad is loaded with yummy ingredients, including salami, bocconcini, sundried tomatoes and crunchy croutons. Perfect for a light dinner or a flavour-packed lunch.



CROUTONS

- 3 slices bread (any type)
- 1 Tbsp olive oil

- 1 spring onion *optional*
- 120g salad greens (4.2oz)
- 1 handful fresh basil *optional*

SALAD

- 150g salami, or a mixture of chorizo and salami (5.3oz)
- 125g bocconcini (4.4oz)
- 100g sundried or semi-dried tomatoes (3.5oz)
- 1 small red onion
- 1/2 telegraph cucumber
- 70g pitted olives (2.5oz) *optional*

DRESSING

- 2 1/2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp sugar
- 1/2 tsp Italian herbs
- 1/4 tsp garlic powder

1. MAKE CROUTONS

Preheat oven to 190°C (375°C) fan bake and line an oven tray with baking paper. Dice bread into small cubes and place in a bowl with the oil. Add a pinch of salt and toss to combine. Transfer to prepared tray and bake for 8-12 minutes, until golden and crisp (white bread will crisp more quickly than brown).

2. MAKE SALAD

Dice or slice salami. Cut bocconcini in half and chop sundried tomatoes into smaller pieces. Finely slice red onion and dice cucumber. Cut olives in half and finely slice spring onion, if using.

3. Divide salad greens between individual serving plates. Top with salami, bocconcini, tomatoes, red onion, cucumber, olives and spring onion. Sprinkle basil over the top.

4. MAKE DRESSING

Combine all dressing ingredients in a jar and shake to combine. Season to taste with salt and pepper.

5. SERVE

Drizzle dressing over salad and top with croutons. Serve immediately.



WINE MATCH: Go for a Pinot Gris.

ITALIAN SUB SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free bread and make sure salami is gluten-free.

INGREDIENT SWAPS / NOTES: For a less processed meat option, you could use roast chicken or thinly sliced roast beef. Tinned tuna also works well. You can use feta or mozzarella instead of bocconcini. I like to use the sundried tomatoes found in the chilled section of the supermarket. If you don't have lemons / lemon juice, you can use apple cider vinegar or red wine vinegar in the dressing instead.

STORING AND REHEATING: Store individual portions in containers in the fridge, leaving off the dressing and croutons. Store croutons in an airtight container at room temperature. Add dressing and croutons just before serving.