

Sarah's Recipe

This is something I do with my daughters that is quick, simple, and a great way of using up some fresh stuff lurking in the bottom of the fridge!

- Dice a couple or three tomatoes, ripe ones are best
- Dice up some fresh pepper, about half each of a red, green and yellow (or whatever you have that needs using up!).
- Add a diced onion to the mix, and maybe a couple of mushrooms.
- Give it a good stir with a generous dash of olive oil.
- Then add either a tin of tuna, or if you are fancying a real treat, some smoked mackerel, flaked.
- Season well with black pepper, a little salt and maybe some chilli flakes, if you have them.
- I occasionally stir in the remains of a jar of pesto, if we have some in the fridge that wants using up.

Thinly slice some ciabatta, or halve some panini, then generously top the slices with the chopped up mixture.

Sprinkle some grated cheese on the top and a bit of basil, then pop in a moderate oven for 10-15 minutes. Serve with some leafy greens! I often get a ciabatta loaf reduced from the supermarket, and the above quantity is more than enough to top 12-14 slices.

The beauty of this is its flexibility.

You can experiment and add or leave things out and still find it is really tasty (and healthy and quick!). I sometimes chuck a handful of sweetcorn in when using tuna.

Top tips:

I find it is a great way to use up stuff that you might otherwise throw away if it is looking a bit sad in the bottom of your fridge. Also, if you are on a budget, and manage to raid the reduced for quick sale part of the supermarket, you can make this really cheaply!