

## Char Grilled Mediterranean Salad

Serves: 1

Prep time: 10 Minutes

Cooking time: 8-10 Minutes

### Ingredients:

- ½ zucchini, sliced
- ½ eggplant, sliced
- 1 cheek of both red & green capsicum
- 6 asparagus
- 1 yellow squash, sliced
- ½ cup of baby tomatoes, halved
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon fresh basil, chopped or torn
- Caramelised balsamic vinegar



*A delicious vibrant salad  
filled with goodness*

### Method:

- Coat eggplant and zucchini in olive oil and garlic
- Heat BBQ hotplate or heavy pan and grill the the eggplant and zucchini and cook for 2-3 minutes
- Add asparagus, capsicum, tomatoes and squash toss with the other vegetables and cook a further 2-3 minutes, until just cooked and still crisp
- Add a little more oil if necessary
- Place vegetables and basil in a bowl and drizzle with caramelised balsamic vinegar, toss gently to coat

**Serve in bowl or on a serving plate**