

feel-better bruschetta

Is everything looking grey, drizzly and a bit miserable? Bring a little Mediterranean sunshine to your plate with a quick, but utterly comforting, bruschetta. It's super simple, but with some ripe, juicy tomatoes, fragrant basil and homemade pesto, this toasty treat is absolutely sensational.

Serves 2 as a serious starter or a light lunch

ingredients

2 seriously good ripe tomatoes
100g of black olives (preferably ones that have been marinated in something exciting, such as garlic or chilli)
Fresh basil
2 tbsp of olive oil
Salt & pepper
Half a French stick
2 tsp of tapenade or pesto

method

Cut the tomatoes in four, remove the seeds and dice the flesh. Take the stones out of the olives and chop them up any old how. Tear up the basil and mix everything together with most of the oil. Season with salt and pepper.

Cut off the knobby end of your baguette and slice the rest of it lengthwise so you have two large, flat pieces of bread.

Rub the cut side with a little olive oil and toast it; spearing it on a couple of sticks over some hot coals will work just fine. Once it's toasted, spread the cut sides with a little tapenade or pesto. Then pile on the tomato and olive mix and devour, licking your fingers as necessary.

Chop and change your topping ingredients with anything you like – peppers, sliced ham, artichokes, grass... Okay, maybe not grass.

