



TOMATO, MINT AND POMEGRANATE SALAD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: Nil

Serves: 6

INGREDIENTS

- 500g cherry tomatoes
- 300g kumato tomatoes
- 3 firm vine tomatoes
- 125g tomlberry (see note)
- 2 red baby sweet capsicum
- 2 yellow baby sweet capsicum
- 1 medium red onion, finely diced

- 1 tbs garlic, minced
- $\frac{3}{4}$ tsp ground allspice
- 1 tbsp balsamic vinegar
- 2 tbsp molasses
- 50 mls olive oil
- 1 pomegranate, seeds only
- 2 tbsp torn mint leaves
- Salt and pepper

METHOD

- Chop all tomatoes (except tomlberries), and capsicums into 0.5cm pieces, (I quarter the cherry tomatoes and match that size with the large tomatoes and capsicums).
- In a large bowl, add all tomatoes, tomlberries, capsicum, and onion and mix.
- In a smaller bowl combine all other ingredients and mix well to combine.
- Pour dressing over salad and stir through.
- Serve chilled.

NOTE:

I found tomlberries which are the worlds smallest tomatoes, but these can be substituted with any other tomatoes. I left them whole in the salad.

I drained some of the juice off the salad, sometimes there is a lot of juice, depending on the tomatoes.

