Ingredients

1 bunch parsley, finely chopped
1 red onion, finely chopped
2 tomatoes, chopped
Zest and juice from a lemon
4 Tablespoons olive oil
Spray oil
Garlic cloves
Salt and Pepper
Bread

Method

In a bowl mix the chopped parsley, chopped red onion, chopped tomatoes, lemon juice, lemon zest and olive oil.

Season with salt and pepper and mix well.

To make crustini’s: slice your bread in to 1cm slices.

Spray one side of the slices with olive oil spray.

Grill both sides of the bread until golden brown.

Remove bread from the grill and while still warm use a cut garlic clove and rub on the oiled side of the bread.

Top each slice with a teaspoon of the parsley salad. Place slices on a large platter. Serve.