



# Pressed picnic sandwich

(serves 8)

Preparation time = 25 minutes

Refrigeration time = at least 3 hours

## Method

1. Preheat the oven to 180°C fan/gas mark 6.
2. Slice the ciabatta loaf in half lengthways
3. Put the ciabatta loaf halves, crust-side down, on a large baking tray and drizzle with a little olive oil.
4. Place them in the oven for a few minutes until just golden and lightly toasted.
5. Put the olive oil, balsamic vinegar, garlic and mustard in a bowl, then whisk them together with a fork.
6. Remove the toasted ciabatta halves from the tray and drizzle the bottom slice with about half of the dressing.
7. Arrange the rest of the ingredients in layers.
8. Start with a large handful of baby spinach
9. Next add the slices of pepper, the ham, basil, mozzarella and finally, the red onion.
10. Drizzle over the rest of the dressing and pop the other slice of ciabatta on top.
11. Press down on the sandwich to squash all the layers together.
12. Wrap the sandwich in baking parchment and tie it together with a couple of pieces of string.
13. Place a heavy baking tray on top of your sandwich and top it with something heavy to flatten it.
14. Place it all in the fridge for at least 3 hours.
15. Cut and serve in slices.

## INGREDIENTS

- Long ciabatta loaf
- Olive oil to drizzle over bread
- 3 tbsp olive oil
- 1 teaspoon balsamic vinegar
- 2 garlic cloves, crushed
- 1 teaspoon Dijon mustard
- 2 big handfuls of baby spinach leaves
- 250g roasted red peppers from a jar
- 8 slices ham
- Handful of basil
- 125g ball mozzarella, cut into slices
- ½ red onion, very finely sliced

## EQUIPMENT

- Weighing scales
- Measuring spoons
- Chopping boards
- Bread knife
- Sharp knives
- Garlic crusher
- Fork
- Scissors
- Baking tray
- Weights (tins)
- Bowl
- Parchment
- String