

BLUE WAVE



Menù Ingredients

- 100 g Èseppiafette - WD1
- 100 g Riso precotto "disidratato" - "Dehydrated" Precooked Rice - RV0K
- 25 g Fagioli Red Kidney - Red Kidney Beans - UQ3
- 3 g Semi di sesamo – Sesame Seeds - R00

Ingredients

- 20 g sliced radishes
- 30 g papaya chunks
- 20 g courgettes cut into julienne strips

Chef: Monica Copetti

Method

Dosi per 1 Pokè Bowl.