CITRUS SALAD WITH POD BEANSPROUTS



Chef: Barbara Benvenuti

Menù Ingredients

Aceto balsamico di Modena I.G.P. - PGI Modena Balsamic Vinegar - Balsamic Vinegar of Modena PGI - EN2X

Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

toasted brown bread

salt and pepper

2 peeled oranges

150 g toast wedges

200 g mixed salad with edible flowers

300 g three cauliflowers (yellow-purple-green)

300 g purple cappuccio cabbage

Method

Cut the cappuccio cabbage with the slicer and fry it lightly in the pan with a drop of olive oil, salt, pepper and a tablespoon of balsamic vinegar. Cut the three cabbages, wash them, bake them in the oven with a drop of olive oil at 180°C for about ten minutes, until they brown. Begin serving with a baked cappuccio cabbage base, add the mixed salad, then the three cabbages, the toast wedges and top with the mixed pods and the peeled orange slices. Add salt and pepper to taste and serve with a drop of olive oil. Serve with the toasted brown bread (rye, cereal, wholemeal).

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