FARRO SOUP WITH BROCCOLI AND PRAWNS



Menù Ingredients

250 g. Broccoli saporiti - Tasty Broccoli - B30K
50 g. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
850 g Zuppa di farro - Spelt Soup - ZR1X
q.s. Superbrodo manzo “Casamia” - Casamia “Super Beef Stock” - BA1

Ingredients

200 g. Prawns tails, peeled
10 g. Carots
10 g. Celery
10 g. Onion
5 g. Garlic
q.s. Fresh parsley
q.s. White wine

Chef: Leonardo Pellacani

Method

Serve 6
Drain the broccoli from their liquid and cut them into uniform pieces. Prepare the broth following the instruction on the package. Meanwhile, in a saucepan with some evoo sweat the garlic in it; add the broccoli and leave to cook for a minute, then add the peeled prawns tails. Sautè them over high heat and deglaze with the wine. Adjust with salt and pepper, cook for about three minutes. In a pot eat some oil and cook the chopped onion, carrot and celery; add the spelt soup and the previously prepared broth. Finally add the shrimp and broccoli to the soup and bring to a boil. Once the desired consistency is reached, serve the soup with a sprinkle of chopped parsley and a drizzle of extra virgin olive oil.

Gluten Free Method

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