MIXED SEAFOOD WITH FRESH VEGETABLES, PULSES AND SEMI-DRIED YELLOW CHERRY TOMATOES



Menù Ingredients

100 g Fantasia di Mare - Mixed Seafood - 1AD
15 g Ceci lessati - Boiled Chickpeas - Z00
15 g Fagioli cannellini lessati - Boiled Cannellini Beans - UI0
30 g Datterini gialli semisecchi in olio di semi di girasole - Semi dried yellow grape tomatoes in sunflower seeds oil - XS1X
5 g Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

10 g Celery
10 g Carrots
10 g Red onion
15 g Edamame soy beans
to taste Salt, pepper, sugar and white vinegar
to taste Mixed sprouts
to taste Chopped parsley

Chef: Leonardo Pellacani

Method

Serves 1

Peel the onion and marinate in water, white vinegar, sugar and salt for at least 2-3 hours. Boil the soy beans in boiling salted water for approximately 5 minutes. Cut the onion, celery and carrots into strips. Assemble all the ingredients and season with salt and pepper to taste. Garnish with a sprinkling of fresh sprouts.

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