

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



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.

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 semiseccchi 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