

## 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 semisecchi - Semi dried yellow grape tomatoes - XS1X  
5 g Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5  
q.b. Pepe colorato intero (Pepper coloured whole) - 1244

### 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