QUINOA SALAD WITH SOLEGGIATI



Menù Ingredients

120 g Soleggiati - TX1
180 g Dadolata di verdure - Brunoise of vegetables - BS0K
480 g Quinoa tricolore - Three-colour quinoa - RQ0
60 g Condimento al finocchietto selvatico - Wild fennel sauce - BW1
q.s. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
To Garnish Crema di peperoni rossi - Red sweet pepper Sauce - KN0K

Ingredients

q.s. Salt and pepper
30 g Toasted pine nuts
A spring of Fennel

Chef: Barbara Benvenuti

Method

Serve 6
Wash and rinse the quinoa and cook it in boiling salted water for about 10 minutes. Meanwhile, rinse the diced vegetables in water and season with oil, salt and pepper. With the help of a pastry cutter, make a layer with the seasoned diced vegetables one with the quinoa, apply a light pressure to make sure that they are compact and finally on top add the soleggiati tomatoes and the toasted pine nuts.
Garnish with fresh fennel, a drizzle of extra virgin olive oil and a few drops of pepper cream sauce.

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