

SALAD OF SPELT AND SHRIMPS



Menù Ingredients

100 g Soleggiati - TX1
1 tin Farro sottovuoto - Boiled Spelt - Z71X
250 g Boccioli di carciofi grigliati tagliati a metà - Grilled artichokes hearts halved - XH1
60 g Gamberetti liofilizzati - Freeze-dried prawns - MS9
to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

mixed salad
salt and pepper

Chef: Monica Copetti

Method

For 6 people

Drain and rinse the spelt.

Soak the freeze-dried shrimps in water for a few minutes and drain well.

Mix all the ingredients together, except for the mixed leaf salad.

Season the mixture.

On a plate, add a mound mixed leaf salad then the spelt salad on the top.