

TYROL STIR-FRY



Chef: Monica Copetti

Gluten Free

Method

For 4 persons

Put the prepared chicken strips in a bowl, add salt. Cut the Tutto sole tomatoes à la julienne and cut the giant frankfurters in four. Add the small capers in oil and the strips. Cook in a non-stick skillet for 8/9 minutes with a drizzle of extra virgin olive oil.

Menù Ingredients

120 gr Tutto Sole - UA1

200 gr Würstel giganti affumicati senza pelle - Giant skinless smoked frankfurters - SXH

20 gr Capperini in olio extra vergine di oliva - Small Capers in Extra-virgin olive oil - XG7

q.b. Sale alle erbe - Herbs and Spices Salt - PGO

to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

to taste Salt

to taste Chicken strips