

WINTER SALAD WITH BIO SEED POD MIX



Menù Ingredients

to taste Aceto balsamico tradizionale di Modena D.O.P. -

Traditional Balsamic Vinegar of Modena PDO - K5Z

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

Ingredients

to taste Salt

60 g Spinach

60 g Carrots

120 g red Gentile lettuce

90 g red chicory

90 g red head cabbage

to taste Lemon

to taste Parsley

Chef: Leonardo Pellacani

Method

6 servings

Put the thinly sliced cabbage, chicory and lettuce cut into strips, spinach in leaves and peeled and sliced carrots in the centre of the plate. Then add the seed pod mix. Flavour with a trickle of oil, traditional balsamic vinegar, salt and pepper. Garnish with a leaf of parsley and a slice of lemon.