SALAD OF SPELT AND SHRIMPS



Chef: Monica Copetti

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

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.

© Menù srl - Dal 1932 Produttori Specialità Alimentari
Registered Office/Plant: Via Statale 12 n.102 - 41036 Medolla (MO) | Offices: Via Concordia n.25 - 41032 Cavezzo (MO)