

Insalata Mediterranea & anchovies



Ingredients

Ingredients for 10 servings:

2kg Ardo Insalata Mediterranea

500g Ardo green asparagus spears

20g Ardo garlic diced

10g Ardo Provence mix

100g lettuce

300g marinated anchovies

0.5dl olive oil

Preparation

1. Defrost the Insalata Mediterranea overnight in the fridge.
2. Mix the olive oil with the garlic and Provence mix, use this to season the green asparagus and grill them briefly.
3. Season with pepper and salt.
4. Fill the plates with the salad, finish with the asparagus, some salad and the marinated anchovies.

Allergens

Fish

