

INSALATA COTTA CRUDO

This classic vegetable-based Italian salad is a combination of raw and cooked ingredients and is a great way of using up leftovers and seasonal vegetables. There is no set recipe, use whatever ingredients you have to hand. So feel free to improvise with a few or more of below!

Ingredients

Jarred artichokes & roasted peppers, sliced thinly
Cooked green beans, broccoli, new potatoes & cauliflower florets
Cherry vine tomatoes sliced in half
Sliced radishes
A red onion sliced thinly and soaked in iced water with a splash of vinegar (this takes away some of the onions bossiness)
A few pitted black or green olives
A few capers

Method

Make a vinaigrette dressing by whisking 3 parts extra virgin olive oil and 1 part red wine vinegar in a bowl with a grind of black pepper, and season to taste with sea salt.

Arrange your choice of vegetables in a bowl, drain the onion slices and add to the bowl, add the tomatoes, olives and capers. Dress with the vinaigrette and taste for seasoning.

