



RECIPE FOR

ANTIPASTI

15MIN | LEVEL

PREPARATION

Arrange an assortment of typical Italian products (Parma ham, bresaola, pancetta, for instance) on plates or platters.

Grilled vegetables: Choose seasonal vegetables (peppers, courgettes, aubergines) and brush with olive oil before grilling.

Basil pesto: Mix basil leaves, garlic clove and pine nuts. Add Parmesan, olive oil, lemon juice and mix a few seconds more. Season with salt and pepper to taste.



Shopping list

INGREDIENTS

*Italian deli meats
Mozzarella di bufala
Breadsticks
Tomatoes, cherry tomatoes*

*Grilled vegetables:
peppers, courgettes, aubergines*

*Basil pesto:
40 g fresh basil leaves
55 g pine nuts
50 g grated Parmesan
1 garlic clove
8 Tbsp olive oil
2 Tsp lemon juice
Salt, pepper*

Les Janelles

www.les-janelles.com

