



---

Posted on 17 September 2012  
*by ewfood*

## Anti Pasti Salad

## Ingredients

3 red peppers  
1pkt rocket  
1 can of chickpeas, drained  
1 can artichoke hearts  
2oz. olives  
handful fresh parsley  
½ red onion or 1 shallot, diced  
2oz. parmesan cheese, shaved or grated  
For the dressing  
2 garlic cloves  
2 tsp. sea salt  
1fl oz. white vinegar  
¼ orange, grated zest only  
Black pepper  
2.5 fl oz. extra virgin olive oil

### Servings

4

Person

### Preparation Time

1

hr

### Cooking Time

10

min

## Preparation

- 1 Put the red peppers into the oven for 50 min. to roast
- 2 Roast the garlic for your dressing for 15 min. leave the skin on
- 3 Toss the rocket, chickpeas, artichokes, olives, parsley and onion (or shallot)
- 4 Once the red pepper has roasted remove it from the oven and put it in a bowl of cold water. Watch out, it's hot and has secreted a liquid which remains inside the pepper and can burn you. Carefully peel the peppers and slice them. Add them to your salad
- 5 Sprinkle the parmesan cheese on top
- 6 Dressing
- 7 Take the roasted garlic and remove the skin
- 8 Smash the garlic with the salt and make a paste
- 9 Add to this orange zest, vinegar and pepper
- 10 Slowly mix in the olive oil adding just a few drops at a time
- 11 The dressing should be slightly thick
- 12 Combine the dressing and the salad and serve.

## Cooks Note

Preparation time: 1 hour; Cooking time: 10 minutes; Serves 4