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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