



Posted on 17 September 2012
by ewfood

Balsamic Vegetarian Stack

Ingredients

1 large Ripe Heirloom Tomato
1 Ripe Mango, peeled and pitted
2fl oz. Balsamic Vinegar
0.5oz. Fresh Basil, chopped
Extra Virgin Olive Oil
Salt and Black Pepper, to taste

Preparation

- 1 Heat the balsamic vinegar over a medium heat
- 2 Meanwhile slice the tomato and mango into sturdy slices
- 3 Stack the tomato and mango alternatively and season with salt, pepper and olive oil
- 4 Pour the reduced balsamic vinegar on top and garnish with basil
- 5 Serve immediately

Cooks Note
