

109

Recipe number one hundred and nine

Insalata di prezzemolo Parsley salad or tabbouleh

Ingredients for 4 people

- 100 g** ready-cooked spelt in whole grains
 - 120 g** peeled and finely diced cucumber
 - a small handful** cherry tomatoes, quartered lengthwise
 - 1 tbsp** Season with
lemon juice and a little lemon zest
cumin, salt, mild peperoncino
 - 100 g** parsley
the stalks cut very finely give it some bite
the leaves finely cut; a mezzaluna works well for this too.
- If it is to be more lavish:**
Crumbled feta on top, or cooked polpo in narrow strips
or sardines from the tin!

Podere Riparbella
Agriturismo ecologico
Agricoltura biologica
58024 Massa Marittima, Italia
T +39 0566 91 55 57
www.riparbella.com



VERONICA'S TIP

From the classic tabbouleh with couscous or bulgur we finally came to Tuscan spelt, because it gives the salad more texture and heartiness.