

Our salad is the ideal antipasto for January: quick to make, inexpensive, and you always have the ingredients to hand – and it helps chase away the germs of winter colds!

Insalatina di cipolle e agrumi

Onion and orange salad

Ingredients for 4 people

- 2 oranges** peel with a knife (the white pith too), quarter and cut into slices.
- About 1 mild onion** cut into fine strips.
- Make a marinade with
- a dab of mustard**
- 1 tsp white wine vinegar**
- juice of half an orange**
- about 4 tbsp olive oil**
- Salt, pepper.** Marinate the oranges and onions in it for about an hour.
- To serve:
- green salad** lay on the plates as a «bed» and drizzle with the marinade, then arrange the oranges and onions on top and put
- 1 black olive** in the middle of each plate as a garnish.
- If you fancy an extra decoration for the rim of the plate (in that case use only a very little green salad):
- juice of half an orange** with
- 1 tbsp white wine vinegar** and
- 1 tsp sugar** bring to the boil, reduce to half a tablespoon and apply a few drops of this very thick syrup!

