

ITALY

TOMATO MOZZARELLA (MAKES 1)

INGREDIENTS	QTY	NOTES
FRESH TOMATO (ROMA)	1NOS	WASHED & THINLY SLICED
FRESH MOZZARELLA CHEESE (ON BOCONCCINI)	100GM	
BASIL	10GM	FINELY CHOPPED
EXTRA VIRGIN OLIVE OIL	20ML	
BALSAMIC VINEGAR	10ML	
SEA SALT	TO TASTE	
BLACK PEPPER	TO TASTE	

METHOD:

- ALTERNATE TOMATO SLICE, MOZZARELLA CHEESE.
- TOP WITH BASIL
- DRIZZLE WITH EXTRA VIRGIN OLIVE OIL & VINEGAR
- SEASON TO TASTE

PASTA SALAD (MAKES 1)

INGREDIENTS	QTY	NOTES
COOKED SHORT PASTA	125GM	BOWTIE, RIGATE, ORECCHIETTE, PENNE, ETC
COOKED SHREDDED CHICKEN	100GM	OR TUNA, SALMON, ROAST BEEF, ETC
SEEDLESS GRAPE	50GM	WASHED AND CUT IN HALF
CELERY	1 STALK	WASHED AND CUT DIAGONALLY
SHALLOT	½ NOS	FINELY CHOPPED
CARROT	½	PEELED & GRATED
FOR DRESSING		
LEMON	½ NOS	JUICE EXTRACTED
ORANGE	½ NOS	JUICE EXTRACTED
MUSTARD SEED	1TSP	
EXTRA VIRGIN OLIVE OIL	4TBSP	
SALT	1 PINCH	
PARSLEY	1TBSP	FINELY CHOPPED
CHIVES	1TBSP	FINELY CHOPPED

METHOD:

FOR DRESSING:

- COMBINE ALL INGREDIENTS IN FOOD PROCESSOR & PROCESS FOR 20 SECONDS

FOR PASTA SALAD:

- COMBINE ALL INGREDIENTS
- TOSS WITH DRESSING

PS: (AT HOME I USE WHOLEMEAL PASTA & ADD 1 TBSP CHOPPED WALNUTS)

HONEY YOGURT AND FRESH STRAWBERRY (MAKES 1)

INGREDIENTS	QTY	NOTES
FRESH STRAWBERRIES	½ PUN	OR BLUEBERRY, RASPBERRY, BLACKBERRY, OR COMBINED
HONEY	2TBSP	
YOGURT	100GM	

METHOD:

- WASH BERRIES AND CUT IN 4
- COMBINE WITH HONEY AND YOGURT

