

# Insalata Primaveraile

*Recipe by: Franco de Todaro – Stuzzico Ristorante*

Preparation Time: Less than 30 minutes

Cooking Time: Less than 10 minutes

Serves: 4

## Ingredients:

3 Romaine heart lettuce, chopped

10 Green asparagus spears, sliced on an angle

150g Young broad beans, podded

150g Peas, podded

150g Fresh or frozen soy beans

2 Radish, raw thinly-sliced

8 Quail eggs, soft boiled

200g Parmesan shavings

100g Baby spinach

## Dressing:

300ml extra virgin olive oil

Sea salt and freshly ground black pepper

- 1) Bring a large pot of salted water to the boil. Drop in the green asparagus, add the broad beans, peas and soy beans and cook for a couple of minutes. Drain and run under cold water to stop them cooking but not to cool them.
- 2) Whisk the extra virgin oil with a good amount of sea salt and black pepper
- 3) Mix all of the vegetables with the romaine lettuce, baby spinach, radish and parmesan shavings and pour the dressing over.
- 4) Divide between four plates. Slice the cooked quail eggs in half and place an equal portion on the top of each salad.

Enjoy this salad with a crisp glass of white wine, such as Pinot Bianco.

**Buon Appetito!**