

ARUGULA SALAD

WITH SERRANO HAM, HONEY ROASTED CARROTS & LUPINI



PREPARATION: 15 MIN.



SERVINGS: 4

INGREDIENTS

VINAIGRETTE

30 ml (2 tbsp.) Lemon juice 'Quicklemon'

60 ml (4 tbsp.) 'Venta Del Baron' olive oil

1 garlic clove finely chopped

15 ml (1 tbsp.) Chopped fresh basil

15 ml (1 tbsp.) Olive oil 'Mueloliva'

12 small colored carrots, peeled, in half

1 sprig of fresh rosemary

10 mL (2 tsp.) 'Bee Primo' rosemary blossom honey

1/2 cup (125 ml) 'Saladitos' lupini

750 ml (3 cups) arugula leaves

About 8 slices of Serrano ham

Oven temperature- 180°C / 350°F

INSTRUCTIONS

- 1) In a bowl, mix all the dressing ingredients
- 2) In an ovenproof skillet over medium heat, brown the carrots and rosemary sprig in olive oil for 3-4 minutes with stirring. Add honey, stir and cook in the middle of the oven for 12 minutes. Reserve and chill.
- 3) On a work surface and with your fingers, pinch the lupinis to remove their shells. Reserve.
- 4) Garnish plates with arugula, ham, glazed carrots and lupini. Drizzle with vinaigrette and serve.



For more recipes, visit us online at apextrades.ca