

FLAGEOLET, TOMATO AND MINT PUREE



INGREDIENTS

0,5
kg



- 300 g flageolet beans
- 20 g Bresc Pomodori marinati
- 20 g Bresc Strattu di pomodoro
- 10 g Bresc Garlic chopped
- 20 g Bresc Shallot chopped
- 3 dl vegetable stock
- 10 g Bresc Harissa
- mint

PREPARATION METHOD

Soak the beans in cold water overnight.

Boil them for an hour in salted water and then drain. Fry the shallots with the garlic gently in a little oil and add the beans, strattu di pomodoro and harissa and fry them with the shallots and garlic. Add the stock to the vegetable mixture and continue cook until cooked through. Chop the mint. Puree the vegetable mixture and season with salt and pepper if required. Serve with the mint and marinati.

USED BRESC PRODUCTS



Bresc Chopped shallot
1000g



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Harissa spice mix
450g



Bresc Pomodori marinati
1000g



Bresc Strattu di
pomodoro 450g