



Appetizer

Genuine mozzarella

with fennel, bread salad and basil pesto

Nutrition value

Energy	375 kcal
Carbohydrates	11 g
BE	0.9
Protein	19 g
Fat	28 g
Potassium	297 mg
Phosphate	400 mg
Sodium	483 mg
Water	123 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

To make the pesto ...

Puree the parmesan, the basil and the olive oil in a blender or mortar and pestle until it turns into pesto sauce. Add pepper and lemon zest to taste. Tip: use plenty of high quality oil!

Mozzarella ...

Cut the fennel bulb into delicate slices using a knife or grater, cook in plenty of water until soft. Next marinate it in white balsamic vinegar (2 tablespoons), honey, and pepper. Cut the mozzarella into thick slices. Plate with the fennel and garnish with cherry tomatoes.

The bread salad ...

Cube the two slices of white bread and half of a red onion. Smash the garlic and sear the bread, onion and garlic in a pan until golden brown.

Ingredients to serve 4

50 g parmesan	240 g mozzarella
1 handful of basil	1/2 fennel bulb
6 TBSP olive oil	4 cherry tomatoes
Freshly ground pepper	Zest of 2 slices of white bread
1/2 lemon	1/2 red onion
1 squirt of honey	1 garlic clove
2 TBSP white balsamic vinegar	

