

Crispy Prosciutto Salad with Wheat Grain & Balsamic Vinegar



Ingredients:

- 12 slices of prosciutto
- 4 tablespoons wheat grain
- 4 tablespoons extra virgin olive oil
- 4 tablespoons balsamic vinegar
- 1 bunch fresh rocket
- 1 head green lettuce
- 1 head red lettuce

Preparation:

Soak wheat grain in water for 20 minutes, then place in a pot with water and cook for about 30 minutes. Drain well and set aside to cool. Mix the two types of lettuce and rocket in a bowl, and create salad beds on 4 plates. Cover the bottom of a frying pan with olive oil, and sauté prosciutto and the wheat grain together for a few seconds. Add balsamic vinegar to the pan and continue sautéing for another moment. Then place the prosciutto and grain mix on the top of the prepared salad beds. Serve.

Makes 4 servings

