



Sweet red pepper and spinach carpaccio

From Phase 1

Serves 4

Ingredients:

- 50 g (1 3/4 oz) spinach leaves
- 50 g (1 3/4 oz) flat-leaf parsley, chopped fleur de sel, freshly ground black pepper
- 1 sweet red pepper
- 1 pinch powdered garlic
- 1 teaspoon of extra-virgin olive oil

Preparation:

Cut the sweet pepper in two and remove seeds.

Steam the pepper for 20 minutes and peel it immediately after.

Wash and drain the spinach, blanch for 30 seconds in boiling water, then drain well.

Cut the pepper in strips lengthwise.

On a large plate, alternate strips of pepper and drained spinach.

Brush with olive oil, sprinkle with garlic and parsley.

Sprinkle with fleur de sel, freshly ground black pepper, and serve

