



Antipasti

Caprese kebabs with rucola pesto

Ingredients for 30 kebabs:

- 150 g Rucola
- 25 g pine nuts
- 30 g parmesan
- 2 cloves of garlic
- 225 ml olive oil
- salt, black pepper
- 30 cherry tomatoes
- 30 mini mozzarella balls

Wash the rucola and chop roughly. Add to a tall container along with the pine nuts, parmesan, garlic, olive oil and salt and pepper.

Finely crush the ingredients using a pestle. Wash the cherry tomatoes for the caprese kebabs and, for each kebab, place a mozzarella ball and a cherry tomato on a wooden skewer. Arrange the tomato mozzarella kebabs on a plate, add the pesto and serve with fresh ciabatta or focaccia (Italian flatbread).

Preparation time: 20 minutes

Per serving:

kJ/kcal: 406/97

Protein: 2.1 g

Fat: 10.0 g

Carbohydrate: 1.0 g

Bread units: 0.0