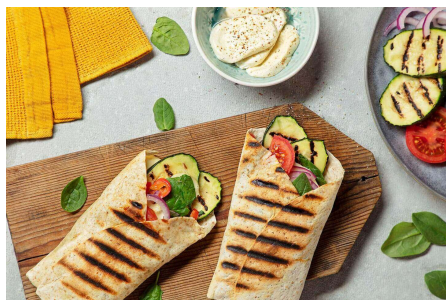




Grilled vegetables wrap



Categoria

Entradas e Petiscos



Tempo de preparação

Médio



Dificuldade

Fácil



Custo

Intermediate



Com quem?

Meal for two



Nº de pessoas

4 pessoas

Ingredientes



To taste: Gallo Mild

- 1 courgette
- 1 red pepper
- 1 avocado
- 40g of spinach
- 1 red onion
- 1 tomato
- 1 mozzarella
- 4 wraps

Method

1

Heat a grill, grease with Gallo Mild Olive Oil and grill the courgette and peppers for about 4 minutes, two times on each side.

2

In one of the wrap tortillas, put two slices of courgette, then some spinach and half the pepper, half the sliced onion, half the avocado, 1 tomato slice cut in half and half the mozzarella.

3

Drizzle a bit with Gallo Mild Olive Oil.

4

Roll up the wrap according to the instructions on the packaging, and wrap it in baking paper. Repeat the same process with the other wraps.

5

Then heat another drizzle of Gallo Mild Olive Oil on the grill.

6

Grill the wraps wrapped in baking paper for about 3 minutes on each side. Serve immediately.

Produtos utilizados



Mild

Extra Virgin Olive Oil



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