



### **Insalata Contadino**

1 orange

1 lemon

2 small cantaloupes, rinds discarded, flesh diced

salt, extra virgin olive oil and freshly squeezed lemon juice to season

### **Com Si Fa?**

- Slice the skin off the orange and the lemon, removing the peel and the white skin. Then section and separate the flesh from the membrane.
- Discard the membrane, dice the orange and lemon flesh, and place in a salad bowl.
- Add the cantaloupe to the bowl and season with salt, extra virgin olive oil and lemon juice.
- Toss well and serve.

Per 4 persone



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