



INSALATA DI FARRO (Spelt Salad)

Ingredients:

- 300 gr. spelt
- 200 gr. black olives
- 200 gr. cherry tomatoes
- 100 gr. Anchovies
- 50 gr. capers
- 2 celery stalks
- 10 basil leaves
- extra virgin olive oil
- salt and pepper

Directions:

Boil the spelt for around 20 minutes in salted water. Drain and cool, then place in a bowl.

Dice all the other ingredients and add to the spelt. Mix well with extra virgin olive oil adding salt and pepper to taste.