

Allégro



4%
MILK FAT +
PROBIOTICS
+ **CALCIUM**

ROASTED PEPPER SALAD WITH BALSAMIC VINEGAR, DICED EGGS, AND ALLÉGRO PROBIO 4% CHEESE



- + 6 peppers (e.g. 2 yellow, 2 red, and 2 orange)
- + 45 ml (3 tbsp) of balsamic vinegar
- + 1 sprig of thyme, finely chopped
- + 45 ml (3 tbsp) of virgin olive oil
- + 1 cup of Allégro Probio 4% cheese, thinly sliced
- + 2 hard-boiled eggs, diced

Preheat the oven to 175° C (350° F). Wash the peppers and remove their stalks and seeds. Cut them into large strips and remove the white pith. Put the strips into a bowl and add the vinegar and thyme. Mix gently. Place the strips onto a baking tray, cover with aluminium foil, and cook in the oven for 10 minutes.

Remove the aluminium foil and continue cooking at 200° C (400° F) for 5 minutes. Reserve the cooking juices in a bowl and let the peppers cool. Add olive oil to the peppers, and gently mix them with the Allégro cheese. Gently coat the eggs with the cooking juices. Place the peppers in a plate and garnish with the egg mixture.

Serving suggestion: Serve with grilled fish or as an entrée with arugula.

Nutri-note: A colourful feast for your eyes and a nutrition-packed meal for the family. Peppers are rich in vitamin C and antioxidants. Use omega-3 enriched eggs to boost your intake of these heart healthy fats. Eat probiotics everyday to enjoy their benefits.

Source of calcium, iron, vitamin A and vitamin C

Preparation time: 10 minutes
Cooking time: 15 minutes
Number of portions: 4