



Insalata Rossa

Insalata verde, literally 'green salad', is the most common Italian salad description. I like the variation of insalata rossa, or red salad, using my favourite lettuce, radicchio, with red onion and a touch of parsley for contrast. Using orange juice instead of lemon in the dressing adds a touch of sweetness to balance out radicchio's bitterness. When making salad dressings, always dissolve the salt in the acid before adding the oil, as salt isn't oil soluble.

Serves 2-4 as a side dish



INGREDIENTS

- ½ radicchio
- 1 small red onion
- Handful flat-leaf parsley leaves and fine stems, thinly sliced
- 1 tablespoon strained orange juice (20ml)
- Salt flakes and freshly ground black pepper, to taste
- 2 tablespoons extra virgin olive oil (40ml)

METHOD

1. Finely slice the radicchio and red onion.
2. Toss together in a serving bowl with the parsley.
3. Shake orange juice, salt and pepper together in a screw top jar until salt dissolves.
4. Add oil and shake to emulsify.
5. Pour just enough dressing over the radicchio mixture to lightly coat it, tossing well to combine; you may not need it all.