

The salad of the olive-picking season in Mani



INGREDIENTS (for 4 portions)

- 600 g potatoes
- 1 large diced orange
- 3 spring onions or one red onion
- 70 g MANI Bläuel Kalamata olives, pitted
- 3 tbsp. MANI Bläuel capers in olive oil
- 4 tbsp MANI Bläuel extra virgin olive oil
- 3 tbsp mild vinegar
- 1 tsp chopped oregano (dried or fresh)
- salt, pepper



PREPARATION

Boil, peel and cut the potatoes into cubes.

Place them in a salad bowl and add the chopped onion, the diced oranges and the Kalamata olives. Add the capers, salt, pepper, olive oil and vinegar and sprinkle with oregano.

This salad is made and eaten in the fields, during the olive- picking season.

It is also perfect for a picnic lunch!

Mani Tipp: Since the salad is wonderfully refreshing and filling at the same time, it is well suited as a lightweight, full lunch.

Per portion: 228 kcal (950 kJ), 3 g protein, 12 g fat, 25 g carbohydrates (2 BU)

More recipes and images can be downloaded at

www.modemconclusa.de/presseservice/rezepte

Upon publication of a recipe we are looking forward to receiving a copy.

Image source: Kostas Koromilas

For more information, visit www.mani-blaeuel.de/en

Press contact:

Press office MANI Bläuel

c / o modem conclusa GmbH

Jutastr. 5, 80636 Munich, Tel +49 89 - 746 308 37

Andrea Klepsch, email: klepsch@modemconclusa.de

Maike Schäfer, E-mail: schaefer@modemconclusa.de

Press service modem conclusa: www.modemconclusa.de/presseservice