

Recipe

Cactus leaves salad...



Ensalada de **Nopalitos**

...extraordinary good!



In Mexico cactus leaves are called “Nopales”. The traditional “Nopalitos Salad” or the traditional “Nopal Soup” indicate how infinite recipes for meals with “Nopales” are. Cactus leaves or better said “Nopales” provide seafood, omelets, quiches and stews a very special, unique taste.

Ingredients for 6 servings:

3 Tbs olive oil

1 Tbs white wine vinegar or the vinegar of your taste

1 tbs salt

1 pinch freshly ground black pepper

Radishes to taste, coarsely chopped (optional)

560g **Nopalitos*** (cactus leaves) in strips, drained and gently washed in cold water

375g tomatoes, peeled, seeded and coarsely chopped

1/4 cup finely chopped onions

1 tbs. coarsely chopped fresh cilantro or parsley.

*(available from us)

In a large bowl beat oil, vinegar, pepper and salt with a fork or whisk. Add tomatoes, **nopalitos**, onions, radishes and cilantro or parsley and toss until all ingredients are well mixed.

Cool in the fridge for about 1 hour and toss again before serving.



Tip:

To spice up the salad you can add our new **Panela cheese** or use the **Cactus leaves in escabeche**.



Queso Panela

fresh cheese, frozen -18°C
250g vacuumed bag
Product-Nr.: 000530



Nopales Penquitas

whole cactus leaves in escabeche, 900g glassjar
Product-Nr.: 100148



Nopales Stripes

cactus leaves in stripes, 900g glassjar
Product-Nr.: 100131