



UNIDADE 7 – Receita 4

Pasta de Cebola e Maçã

Para 6 pessoas

Quantidade / Ingredientes

250 g óleo de coco
4 cebolas médias
1 maçã
azeite
Temperos a gosto
1 pitada de sal
1 pitada de pimenta moída

Preparação:

- Descascar e picar finamente as cebolas, alourá-las num pouco de óleo de coco.
- Adicionar o restante óleo de coco e a maçã picada finamente.
- Misturar a mistura no azeite bem frio (de preferência colocado no frigorífico com antecedência) e temperar com sal e pimenta.
- Deixar no frigorífico durante pelo menos 1 dia.



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