

CHARDONS

Day 1 – Vegan Canape

Cucumber, tomato and olives slices

(V), (VG), (LF)

Serves 1 person



Recipe ingredients

- 2 x 2cm slices of cucumber
- 2 x Teaspoons of finely diced tomato
- 2 x black olives finely sliced
- Chopped parsley, black pepper and balsamic reduction for garnish

Evening Preparation

1. With a teaspoon hollow a little hole inside each of cucumber slices for the filling to rest in. Dice up the cucumber you just removed along with the tomato and mix then neatly spoon the mixture on top of the cucumbers. Garnish with the chopped parsley, season with the pepper and drizzle a little of the balsamic reduction on to.
2. Slice an olive into approximately 4 slices then neatly place on top of the canapé.
3. To serve, place on to a side plate with a napkin folded in half with a glass of fizz.