



✓ RECIPE :

Ingredients	For 500g of PEPILUP
PEPILUP 1300 Lupin grits	500g
Onions	150g
Red pepper	150g
Zucchini	150g
Fenek	150g
Olive	75g
Garlic	10g
Chorizo	50g
Olive oil	50g
Parmesan	75g
Liquid stock + white wine	1l

✓ PROCESS :

Cook the lupin grits as a risotto :
 Stir lupin grits and olive oil in a frying pan. Then add vegetable or poultry stock progressively, until lupin grits have absorbed the whole quantity of liquid.
 Fry the vegetables in olive oil separately.
 Blend both preparations (vegetables and lupin grits) and dust with parmesan.
 Taste it...

