












Season:	all year
From the garden:	spring onions, lemons, garlic, parsley
Type:	salad
Difficulty:	easy
Country of origin:	Mediterranean
Serves:	4 or 12-24 tastes



Equipment

-  chopping board
-  cook's knife
-  zester
-  grill plate or BBQ or heavy based frying pan
-  pepper grinder

Ingredients

-  12 medium size spring onions
-  2 tablespoons extra virgin olive oil, plus extra for serving
-  2-3 lemons
-  1 large or 2 small cloves of garlic
-  big handful of parsley leaves
-  sea salt and pepper

How to make it

1. Wash the spring onions and trim the roots and a little bit of the green end from each, leaving the freshest part. Pull off any stringy or soft outer layers.
2. Put the olive oil on a wide flat dish and add salt and pepper. Toss the spring onions in the oil until coated all over.



GRILLED SPRING ONIONS WITH GREMOLATA

3. Now make the gremolata. Remove the zest from the outside of the lemon using a zester. Alternatively peel very thin strips of lemon zest using a vegetable peeler, trying not to peel any of the white pith. Chop the zest very finely. (Reserve the lemons for juice to finish)
4. Peel the garlic, slice thinly then chop finely. *Do not use a garlic crusher as it will make the garlic much stronger.*
5. Chop the parsley very finely then combine with the garlic and lemon and chop again. Transfer this to a small bowl and set to one side.
6. Heat a grill plate, BBQ or a frying pan with a heavy base until very hot.
7. Grill the spring onions until golden and tender, turning so each side can brown.
8. Transfer to a platter and sprinkle with the gremolata. Cut one of the peeled lemons in half and squeeze a little juice over the spring onions. Drizzle with olive oil and sprinkle with salt.
9. Serve warm or at room temperature.

Notes:

Although spring onions are most often used raw in salads they become lovely and sweet when cooked.

Gremolata is traditional in Italy and is used to give a fresh hit of flavour, just before serving, to stews and vegetables.

Skills:

Chopping, grilling, zesting

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