



## Fregola salad

### Ingredients

500g fregola  
1 pomegranate  
½ bunch mint  
½ bunch coriander  
½ bunch parsley  
1 silver anchovy  
½ tsp chestnut honey  
Olive oil  
Salt  
Pepper

### Method

Cook the fregola in boiling salted water for 8 minutes until just soft. Refresh in ice water. Drain all the water off and reserve for later.

Finely chop the mint, parsley and coriander. Deseed the pomegranate and finely chop one silver anchovy.

Combine everything together with ½ teaspoon of chestnut honey, lots of olive oil, and season with salt and pepper.