

A top-down view of various fresh ingredients arranged on a wooden surface. The ingredients include two long leeks, several cherry tomatoes, a bunch of fresh green herbs (likely parsley or cilantro), a bowl of mixed black and green olives, a small bowl of white rice or quinoa, a small bowl of red bell peppers, a small bowl of black pepper, a whole cucumber, a bottle of olive oil, and some lemon slices. There are also some bread rolls and a bowl of roasted vegetables in the bottom right corner.

5`g`9`hYfb`_Ubb`Yg`Zfi`ghf]YfYbX`gY]bž`≡f`?`]bX`XUni`ni`Vf]b[`Ybž`
VYgh]a`a`hY`@YVYbga`]hhY``ni`YggYb``8]Y`†`b[`Y`DU`YhhY`gWΛ`Àhnh`
bYi`Y`:`UfVYbž`:`YgWΛ`a`ÀW_Yf`i`bX`HYI`hi`fYb`]b`@YVYbga`]hhY`b`b`]WΛ`h`
cZh``K`Ybb`?`]bXYf`YXcWΛ`ZfØ\`]a`_`@YVYb`[`i`hY`9gg[`Yk`c\b\Y]hYb`
YfbYbž`_ÒbbYb`g]Y`]\f`@YVYb``Ub[`k`Y]hYf\`]b[`Yqi`bXY`

9b hgWXYXi b[Yb`hfYZZYb`

XYg`?]bX`]gh`UbXYfg``9b][Y`YggYb`ni Zf]YXYb`XfY]`A U\`nY]hYb`Ua
HU[ž[YZØ`h`a]h`CVghi bX`; Ya ØgYž`k Å\`fYbX`UbXYfY`j]Y`Y`_`Y]bY
Dcfh]cbYb`YggYb`i bX`YI hfYa`k Å\`Yf]gW`g]bX``9g`[]Vh`_Y]bY
f]W`h][Y`A Yh`cXYž`k]Y`≠f`?]bX`]gghž`gc`Ub[Y`Yg`ni b]a a`h`i bX
g]W`a`]h[YY][bYhYb`A U» bU\`a` Yb`Yb`hk]W`_Y`h``9g`]gh`YXcW
k]W`h][ž`≠fYa` `?]bX`k Y]hYf\]b`Y]bY`[fc»Y`5i gk U\`_`Ub
@YVYbga]hY`b`Ubni V]YhYbž`Ui W`k Ybb`Yg`Åi »Yfgh`k Å\`Yf]gW`k]ghž
k Ug`Yg`]b`XYb`A`i bX`b]a a`h`5i ZX]YgY`K`Y]gY`k]fX`X]Y
k ØW`Yb`h]W`Y`9fbÅ\`fi b[`≠fYg`?]bXYg`UV[Yfi bXYhž`Ui W`k Ybb`Yg
Ub`VYgh]a a`hYb`HU[Yb`_Y]bY`Ui g[Yk c[YbY`9fbÅ\`fi b[`U`h"
8Yb`_Yb`G]Y`XUfUbž`XUggž`gc`Ub[Y`[Ygi bXY`9b hgWXYXi b[Yb`j`cb
XYb`9`hYfb`a`cXY`Yfh`i bX`XYa` `?]bX`_cbh]bi]Yf`]W`Ub[YVchYb
k YfXYb`fb\`bY`8fi W`Łž`XUg`?]bX`g]Y`gW`Y`Y»`]W`Ui W`Ui gdfcV]YfYb
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YfbÅ\`fi b[gd\`mg]c`c[]gW`Yb`i bX`Ågh`Yh]gW`Yb`; fØbXYb
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; Ya ØgY`Ub``8]Yg`\`]Zh`XYa` `?]bXž`ZfØ`nY]h][`[Ygi bXY
9gg[Yk c\`b\`Y]hYb`Ui Zhi VUi Yb

`A cXY`YfYb`G]Y`[Ygi bXY`9gg[Yk c\`b\`Y]hYb``?]bXYf`k c`Yb`cZh
YggYbž`k Ug`Ui W`a`a`Yf`X]Y`9`hYfb`YggYbž`U`gc`ghY`Yb`G]Y`g]W`Yfž
XUgg`Yg`bU\`f\`UZh`]gh`

`; YVYb`G]Y`CVghi bX`; Ya ØgY`]b`X]Y`@YV`]b[g[Yf]W`hY`≠fYg
?]bXYg``Ni a`6Y]gd]Y`Y]bY`Bi XY`gUi W`ž`X]Y`fY]W`Ub`[Yk ØfZY`hYa
; Ya ØgY`]ghž`cXYf`ZØ[Yb`G]Y`Y]bYa`GUbXk]W`; i f`_Yb`i bX
GdfcggYb`\]bni`

9]b`k]W\h][Yf`GWf]hhZØf`Y]bY`[Ygi bXY`9fbÅ\fi b[`]gh`X]Y
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9fbÅ\fi b[`≠fYg`?]bXYg`?Y_gYž`GØ»][_Y]hYb`i bX`UbXYfY
UV[YdUW_hY`GbUW_g`Ybh\U`hYb`[fc»Y`A Yb[Yb`Ni W_Yf`i bX
_Øbgh]W\Y`5fca Yb`cXYf`UfVYb`Gc[Uf`fi W\h[YhfÅb_Y`[Y\ÖfYb
ni f`[`Y]W\Yb`i b[Ygi bXYb`?UhY[cf]Y`J YfUfVY]hYhY`@YVYbga]hhY`
Ybh\U`hYb`Y]bYb`\c\Yb`?U`cf]Yb[Y\U`h`c\`bY`[fc»Yb`BÅ\fk Yfh"
B]W\h`bi f`XUgž`gcbXYfb`U`Y`7\Ya]_U`Yb`]b`X]YgYb`@YVYbga]hhY`b
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5i Za Yf_gUa _Y]hggdUbbY`i bX`YhhY]V][_Y]hZØ\fyb`9`hYfb
VYa Yf_Yb`cZhž`XUgg`g]W\`X]Y`_ÖfdYf`W\Y`i bX`[Y]gh][Y`Ygi bX\Y]h
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k YfXYb"

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j YfUfVY]hYhYa`5i ZgW\b]hh

`DUb]YfhY`<Å\`bW\YbVfi ghghfY]ZYb`UbghY`Y`j cb`ja`@UXYb
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`DcdWcfb`Ui g`XYf`@ Zh`UbghY`Y`j cb`Dca a Yg

9]g`Ua`Gh]Y`Ui g`%\$ \$l`fY]bYa` : fi W\hgUZh

`: f]gW\Yg`C Vghi bX`; Ya ØgY`U`g`GbUW_g. `YdZY`Ž`6UbUbYbž`6YYfYbž
HfUi VYbž`GY`Yf]Yž? UfcħYbž`6`i a Yb_c\`i gk "

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6Ygi W\Yb`G]Y`i bg`Ui Z. `a Y]b!Z]hbYgg"bYh