



A legacy of flavour and wellbeing

There are countless types of European olives and extra-virgin olive oil, each with its own distinctive personality. They give a wholesome quality to your dishes, with all the aromas of the Mediterranean countryside. The olives are grown, picked and processed using ancient natural methods. Rigorous checks are carried out at every stage, to ensure the integrity and authenticity of the final product. The vast area and differing characteristics of Europe's olive groves make for a huge variety of olives. With millions of olive trees and hundreds of cultivars, Europe offers an extraordinary abundance of aromas and flavours. A cultural and gastronomic heritage food, olives are a feast of flavour and wellbeing.



mipaaf

Ministero delle politiche agricole alimentari e forestali

CAMPAIGN CO-FINANCED BY THE EUROPEAN UNION AND ITALY



U.N.A.P.R.O.L. Soc. Cons. p.A.
00187 Roma, Via XXIV Maggio 43
Tel.06-78469004 • unaprol@unaprol.it
www.unaprol.it

www.theperfectfood.eu • info@theperfectfood.eu

Smile
at the taste,
smile
at the
wellbeing



**Extra-virgin olive oil and olives
quality European products**

THE PERFECT FOOD





Extra-Virgin Olive Oil

The undisputed king of cuisine and ruler of the Mediterranean Diet is regal extra-virgin olive oil. Enjoy the distinctive taste, range of fruity aromas and important nutritional elements of extra-virgin olive oil. So much more than just a condiment, extra-virgin olive oil also has a host of health benefits. It is a source of Vitamin E and is rich in polyphenols, which help protect against cellular oxidation, and with its special composition of fats it helps the body to maintain appropriate levels of cholesterol in the blood. Which is why it is so important to consume the right amount of extra-virgin olive oil every day (about 20 g), as part of a balanced diet. Smile at the taste, smile at the wellbeing.

European olives: enjoy the variety, enjoy the flavour

Savoured as they are or used as an ingredient in recipes, European olives are a true delicacy to explore and enjoy.



Traditionally a feature of many Mediterranean recipes, ranging from salads to sauces, and served with meat and fish, olives are also ideal in modern creative cooking. From traditional hors d'oeuvres with a twist to stuffed Ascolana olives, Puttanesca-style spaghetti to creamy salt cod with olives and salade niçoise, simple side-dishes or focaccia bread with olives to the dizzy heights of fine dining, olives make every meal a true feast of flavours.

What's for dinner today?

Try European olives and extra-virgin olive oil for:

Extra-virgin olive oil

- For dressing salads, soups, pasta, and rice
- For seasoning sauces
- For frying
- For flavouring meat or fish dishes
- For seasoning raw or cooked vegetables

Olives

- Appetisers
- Hors d'oeuvres
- Snacks
- Ingredients in sauces
- For flavouring meat or fish dishes

Benefits

Bring the delicious, unique flavours of European olives and oil to your table today! You get all the benefits of a light, tasty delicacy and the environment benefits too, because olives and extra-virgin olive oil need no intensive processing to enhance their natural goodness.

