



MUSHROOM AND COURGETTE COCKTAIL

QimiQ BENEFITS

- 100% natural, contains no preservatives, additives or emulsifiers
- Binds with fluid - no separation of ingredients
- Full creamy taste with less fat and cholesterol
- Quick and easy preparation



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easy

INGREDIENTS FOR 6 PORTIONS

250 g	Mushrooms, finely sliced [émincé PF]
250 g	Courgette(s), thinly sliced
	Olive oil, to fry
2 tbsp	QimiQ Classic, unchilled
2 tbsp	Olive oil
10 ml	Lemon juice
	Sea salt
	Pepper
1 small	Tomato(es), skinned
40 g	Cress
1 tbsp	Flat-leaf parsley, finely chopped

METHOD

1. Separately fry the mushrooms and courgettes in olive oil until tender and drain well.
2. Whisk QimiQ Classic smooth, add the vegetables and olive oil and mix well. Season to taste with lemon juice, sea salt and pepper.
3. Arrange in cocktail glasses, garnish with diced tomatoes, cress and parsley.