

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





15

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.