

Chicken Mousse with crisp salad



10 persons



Ingrediënten

- 500 g Chicken with garden herbs
- 3 dl cream
- Fresh herbs (parsley, chervil, tarragon)
- 20 slices of toast bread
- Dash of groundnut oil
- A few pistachio nuts
- 1 red beetroot
- 2 carrots
- 1 red onion
- 300 g mixed salad
- 100 g mayonnaise
- 100 yoghurt
- Pepper, salt & red peppercorns

Bereiding

Cut the Chicken with garden herbs into large pieces and chop finely. Add the cream and season with pepper and salt.

Finely chop the fresh herbs and mix them with the chicken mixture. Pipe the chicken mousse into moulds and let them rest for 3 hours in the freezer.

Cut out round shapes from the toast and fry them in some groundnut oil. Allow the toast to cool and then remove the mousse from the moulds. Place the mousse shapes onto the toast. Let the mousse thaw. Chop the pistachio nuts and use them to finish the mousse.

Peel the beetroot and carrots and grate them. Peel the red onion and cut into half-moon shapes. Mix the lettuce with the beetroot, carrots and red onion and season with pepper and salt.

Mix the mayonnaise with the yoghurt and season with pepper and salt. Arrange everything attractively on a plate and finish with red peppercorns.

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