



Mushroom salad with tarragon

From Phase 1

Serves 1

Ingredients:

- 90 g (3 1/4 oz) medium-sized, firm mushrooms
- 3 sprigs tarragon
- 1/2 lemon
- 1 teaspoon rapeseed oil
- Powdered shallot
- Fleur de sel, freshly ground white pepper
- 3 drops soy sauce (optional)

Preparation:

Thoroughly wash the mushrooms (you may peel them with the tip of a small knife if you wish) and pat them dry. Slice them finely on a chopping board, then lay them on a large flat plate.

Sprinkle with white pepper, finely chopped tarragon leaves and powdered shallot. Add a squeeze of lemon, 1 teaspoon of olive oil and, if you wish, the soy sauce.

Marinate for 5 min, then sprinkle with a few grains of fleur de sel before serving.

Enjoy alongside a Eurodiet omelette & salad.

