

## MENU

Starter

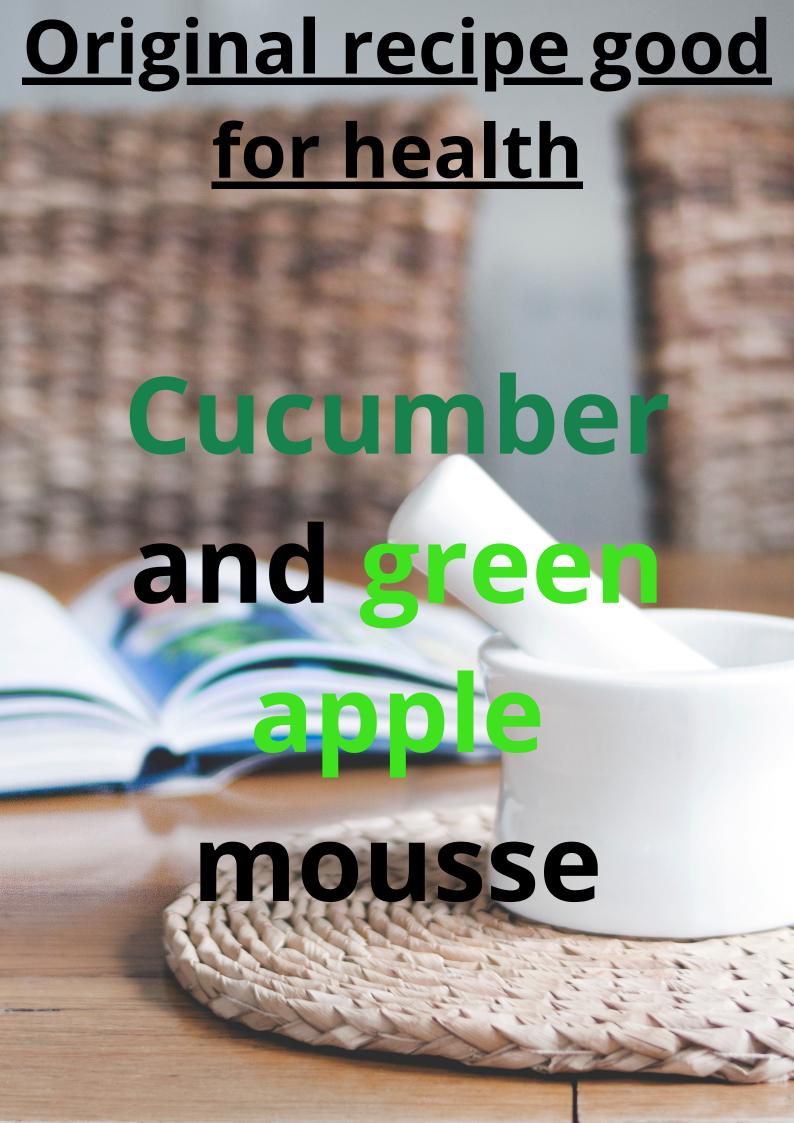
salmon cheesecake + tomato salad

main dish

kiri vegetable bruschetta

dessert

melon ball with strawberry and a hint of basil + smoothie and fruit



Preparation time: 10 min

For 4 people

For this recipe you will need:

1 cucumber
2 green apples
1 tablespoon of olive oil
1 tbsp rapeseed oil
lespoon of raspberry vine

1 tablespoon of raspberry vinegar
4 mint or basil leaves
Salt and pepper

**Preparation:** 

Peel the cucumber, then peel and seed the apples;

Cut the cucumber into slices and the apples into pieces;

Mix with the oils; add salt and pepper;

Pour the mousse into verrines, and decorate

with a mint or basil leaf;

Serve chilled.

The chef's tip:

Good to know: with a high potassium to sodium ratio, cucumber is a diuretic vegetable.

## <u>Texte pour la vidéo de Lilou</u>

- Hi all!
- It's Lilou, and today I'm going to teach you how to
- cook a rather original recipe : a cucumber and green
- apple mousse. Don't worry, this recipe is easy to
- make! Already you will need:
- 1 cucumber,
- 2 green apples,
- 1 tablespoon of olive oil,
- 1 tablespoon of rapeseed oil,
- 1 tablespoon of raspberry vinegar,
- 4 mint or basil leaves,
- salt and pepper.
- The meal will take 10 minutes to prepare and will be
- for 4 people. Are you ready? So let's go! Start by:
- peel the cucumber, then peel and seed the apples.
- Then, cut the cucumber into slices and the apples
- into pieces. Then mix with the oils then salt and
- pepper. Now, pour the mousse into verrines and
- decorate them with a mint or basil leaf.
- To be served chilled! This is a good meal to enjoy
- with the family! I hope this recipe will have inspired
- you and especially pleased you. It only remains for
- me to wish you a good day! Bye everyone!