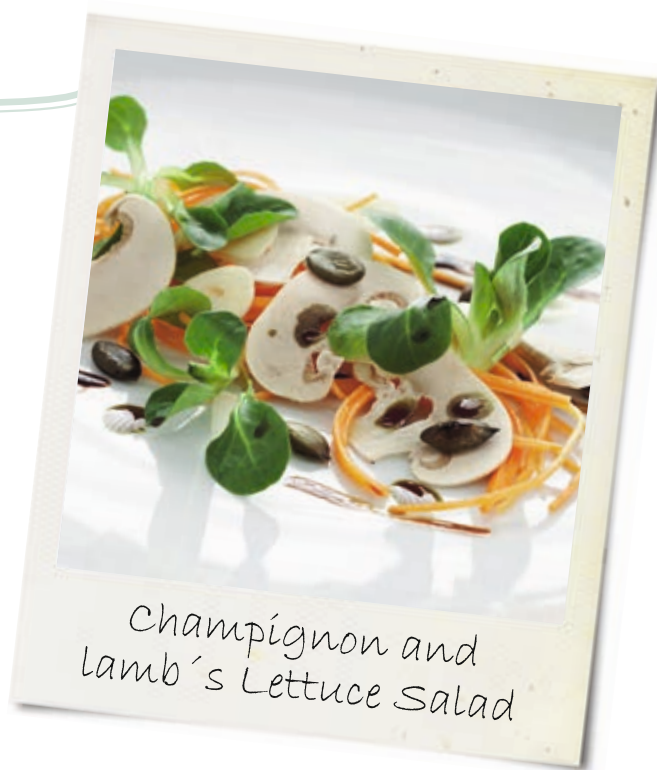




# RECIPE

## WHAT YOU NEED

- 2 HANDFULS OF LAMB'S LETTUCE
- 6 MUSHROOMS
- 6 YOUNG CARROTS
- DIJON MUSTARD
- 4 TB WHITE BALSAMIC VINEGAR
- 8 TB PUMPKIN-SEED OIL
- ROASTED PUMPKIN SEEDS
- TABASCO
- PEPPER
- SALT



## PREPARATION

- 1 Trim and wash the lamb's lettuce, and drain well. Clean the mushrooms.
- 2 Use a vegetable peeler first to peel the carrots and then to shave them into thin slices. Julienne the carrot slices. To keep them crisp, do not salt them.
- 3 For the dressing: stir together vinegar, oil, a bit of mustard, 1 to 2 dashes of Tabasco, salt and pepper.

- 4 Dip the carrots and lamb's lettuce in the dressing, and arrange on individual plates. Thinly slice the mushrooms (or even better: grate them on a truffle grater) and place them on the individual salads. Sprinkle with roasted pumpkin seeds.

VARIATIONS: Small ceps can be used instead of white mushrooms.



BON APPÉTIT 😊