



Lamb's lettuce with mushrooms and figs

Ingredients

Serves 4

- 200 g lamb's lettuce
- 400 g mushrooms
- 2 figs
- 1 tablespoon honey
- 1 tablespoon of mustard
- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- salt, pepper
- 15 g parsley
- 3 spring onions

- 30 g walnuts
- 1 tablespoon sunflower oil

Preparation

Clean lamb's lettuce, mushrooms and spring onions carefully.

Quarter the mushrooms and eighth the figs. Cut spring onions into fine rings, roughly chop parsley and the walnuts.

For the dressing, mix honey, olive oil, mustard and white wine vinegar, add salt and pepper.

Heat sunflower oil in a frying pan, fry mushrooms in it at medium heat 2-3 minutes.

Mix lamb's lettuce with mushrooms, nuts, spring onions, figs, parsley, dressing, season with salt and pepper and serve.

Preparation time: 20 minutes

Nutritional values per serving: 245.7 kcal/1017.6 kJ

10 g carbohydrate

5.6 g protein

19,5 g fat