

Herb salad with 'BIG' flowers

Serves 4 people

- 200 g/ 7 oz mixed herbs and salad greens such as Italian parsley, chervil, bishop's weed, white orach, chickweed, lamb's lettuce, Lollo Bionda, butterhead hearts, etc.
- 1 finely diced scallion
- 0.1 l / ½ cup strong vegetable or poultry stock
- 4 cl/ 3 Tbsp white balsamic vinegar
- 6 cl/ 4 Tbsp sunflower oil, 2 cl/ 1½ Tbsp pumpkin seed oil
- 1 tsp sweet mustard
- About 80 'BIG' begonia flowers
- Sea salt, a pinch of white pepper from the pepper grinder,
- some dashes of lemon juice



And here's how to make it

Take the herbs and salad leaves, pick into small pieces, wash thoroughly and drain in a colander.

Bring stock and diced scallion to a boil and boil down to half the quantity. Let it down and finely mix with the other ingredients.

Dress drained greens with vinaigrette, toss salad until combined, and arrange on deep plates.

Sprinkle evenly with the begonia flowers and serve.

The fresh tartness of the begonia flowers goes wonderfully with the intense flavor of the herbs!

Our tip:

A fresh low-calorie dish for hot summer days.
Savor it with a light red wine. Bon appétit!

