



# Scrambled mushrooms (modified texture)

## Ingredients (serves 2)

- 4 eggs
- 200 g Spring mushrooms
- 1 clove of garlic
- 20 ml single cream
- Extra virgin olive oil
- Salt (omit in case of high blood pressure or liquid retention)
- 5 g minced fresh parsley

## Method

1. Peel and thinly slice garlic, sauté until golden in 15 g of olive oil. Remove from oil.
2. Thinly slice mushrooms and sauté in the same oil. Lightly salt after cooking so that they do not lose their water content.
3. Add eggs to frying pan and stir over medium low heat until eggs are thoroughly cooked but not dry. Add garlic.
4. Purée the scramble while still hot with an immersion blender and add cream while blending.
5. Pass the purée through a sieve and serve.

## Recommendations

This dish should be eaten immediately after preparation. It is also important to ensure that the eggs are thoroughly cooked.