

Vegetables mix, soft boiled egg, shallots warm dressing, mushrooms and pumpkin seeds crumble

Recette pour 4

Description

Perfect for brunch as well.

Ingrédients

Vegetables mix

- 500 Ml Peas
- 1 Lb Green beans
- 4 Unit(s) Carrot
- 1 Unit(s) Turnip

- Salt and pepper

Soft boil eggs

- 4 Unit(s) Egg

- Salt and pepper

Warm dressing

- 6 Unit(s) French shallot
- 1 Tbsp Mirin
- 50 Ml White balsamic vinegar
- 1 Tbsp Dijon mustard
- 3 Dash Olive oil

- Salt and pepper

Crumble

- 50 Gr Pumpkin seed
- 2 Unit(s) French shallot
- 1 Unit(s) Green onion
- 0.50 Cello Button mushrooms
- 0.25 Unit(s) Baguette
- 0.50 Unit(s) Onion
- 0.50 Bunch(es) Chives
- 100 Gr Bacon

- Salt and pepper

Préparations

Temps de préparation **50 mins**

Préchauffez votre Oven à 400 F°

Prep

Wash and peel all the vegetables.

Dice the carrots and the turnips and little cubes (1cmx1cm).

Remove the stems of the green beans and cut them in pieces of 1 inch.

Peel the shallots and cut them.

Cut the onions, the green onion, and make croutons with your baguette.

Mince the mushrooms.

Vegetables mix

Bring salted water to a boil in a pot.

Cook the vegetables in it and remove when they are still a bit crunchy.

Cool them in icy water to stop the cooking and fix the colour.

Put aside in the fridge.

Soft boiled egg

Bring water to a boil in a pot. Slowly place the eggs in it and cook for 5 min. remove the eggs, cool them under cold water and remove the eggshell.

Warm dressing

In a hot pan with a dash of oil, brown the shallots. Deglaze with mirin sauce and white balsamic vinegar.

Reduce by half, remove from heat, add mustard, mix everything. Add olive oil and season to taste.

Crumble

In a hot pan, cook the bacon for 2-3 min, add the pumpkin seeds. Put aside on a scott towel. Using the same pan, cook the onion and shallot with a bit of oil, add and brown the mushrooms and season to taste. Put aside in a bowl. Warm you pan again with oil and a spoon of butter, brown the bread croutons then mix all the ingredients together, add the chives and the green onions. Cook for 2 minutes. Spread on a baking tray and bake in the

oven at low heat for 2 hours 165°F (75°C). Let cool down and blend in a mixer to get the crumble.

Dressing

In a bowl or a soup plate, put a bed of vegetables mix.

Add an egg and pour some warm shallot dressing on top.

Cover with the crumble.

Bon appétit!