

Friseline, mussels and orange salad

Preparation

- 1- Cook the mussels in white wine, with shallots and parsley.
- 2- Once cooked, remove outer layer.
- 3- Cut Friseline into pieces and grate the carrots. Mix and season the salad with orange vinaigrette.
- 4- Brighten up with orange quarters and cut chives.

For 4 persons

- 3 Friseline
- 1 kg of mussels
- 15 cl of dry white wine
- 2 chopped shallots
- Parsley
- 1 to 2 carrots
- Chopped chives

Orange vinaigrette

- Orange juice
- 4 tablespoons of Olive oil
- Salt, pepper