



Galway Goats Cheese Health Salad

Galway Goats Cheese Mousse, Toasted Seeds, Baby Beets,
Mill Farm Organic Salad & Beetroot Dressing

Ingredients

100g of Galway goat's cheese
50ml cream
15g of local honey
5g of cracked black pepper

Put all ingredients in a bowl & stir slowly over a simmering pot of water until they combine, remove from heat & cool.
Place half the mixture in a squeeze bottle. Pipe the rest of the mousse on to a tray & freeze, cut into 3cm lengths, flour, egg wash & breadcrumb, set aside.

3 baby beets, sliced & quartered
Beetroot puree
2 cherry tomatoes quartered
3 pickled radish
One small red onion sliced
Mill Farm Organic Leaves
Beetroot vinaigrette

Dress the plate with the vinaigrette, beetroot puree & goats cheese mousse.
Place the mixed leaves, red onion & cherry tomatoes in a bowl & dress with the vinaigrette & arrange on plate.
Deep Fry one goat's cheese croquette and place on top of the leaves.

Enjoy!