

Recipe #2



Crispy feta cheese with lobster oil

on a bed of minced avocado and fresh mushrooms

Easy starter • Preparation time: 15 min • Cooking time: 5 min

Ingredients for 6 people:

- 5-7 cl of **Groix & Nature lobster oil** 3 avocados 6 fresh mushrooms 6 sheets of filo pastry 50 g of drained feta cheese 1 tbsp of lemon juice 3 tbsp of olive oil.
- 1 Cut each filo pastry sheet in half. Fold each half-sheet lengthwise and sprinkle with lobster oil.
- 2 Put some feta cheese at the bottom of the filo strip and fold it into the shape of a triangle.
- 3 Pour the lemon juice into a bowl and add the olive oil while whisking constantly.
- 4 Cut the avocados in halves and slice them. Chop the mushrooms finely.
- 5 Bake in the oven, on a rack $(240^{\circ}C / T-8)$ until golden brown
- 6 Arrange the crispy feta cheese on the avocado and mushroom slices alternating each ingredient. Spread the lemon vinaigrette and a dash of **lobster oil** over the preparation.



Refined traditional products canned on the Island of Groix off the coast of southern Brittany

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