

Fromage Frais Mousse with Strawberry Sauce



Serves 6

Prep 20 mins + chilling

Cook 5 mins

Challenge

Ingredients

1 large egg white
50g icing sugar
grated zest of 1 lemon
juice of 1/2 lemon
500g tub low-fat fromage frais
500g strawberries

This is very healthy, a good source of vitamin C and low fat

1. Put the egg white into a heatproof bowl with the icing sugar. Set the bowl over a large pan of simmering water and, using a hand held electric whisk, whisk for 5 mins until the mixture is light and fluffy and holds peaks when the blades are lifted.
2. Remove from the heat, whisk in the lemon zest, then whisk for a further 2 mins to cool it down.
3. Fold in the fromage frais, then transfer to 6 glasses or small bowls and chill.
4. Roughly chop half the strawberries and put in the food processor. Whizz to a puree, then press through a sieve to remove the seeds. Chop the remaining strawberries.
5. Spoon the chopped strawberries over the mousse, then spoon a little puree over each. Chill until ready to serve.