

Cottage cheese mousse with strawberries

Ingredients:

500g Crop's frozen strawberries

1 large egg white

50 g powdered sugar

2 spoons powdered sugar

grated zest 1 lemon

juice 1/2 lemon

500g low-fat cottage cheese



Preparation:

- Put the egg white into a heatproof bowl with the powdered sugar. Set the bowl over a large pan of simmering water and, using a hand electric whisk, beat up for 5 minutes until the mixture is light, fluffy and holds peaks when the blades are lifted.
- Remove from heat, beat up with the lemon zest, then beat up for a further 2 minutes to cool it down.
- Mix in the cottage cheese, then transfer to the glasses and chill.
- Mix half the strawberries with 2 spoons of powdered sugar and the lemon juice. Mix to a puree, then press to a sieve to remove the seeds.
- Spoon the rest of the strawberries over the mousses, then spoon a little strawberry puree over each.
- Chill until ready to serve.