

Stuffed quail

With mushrooms, truffle tapenade and a fresh salad

8 quails

Ingredients

QUAILS

- **8** quails, boned
- **100 g** minced chicken
- **50 g** mushrooms
- **1** shallot, finely chopped
- **2 cloves** garlic
- **1 tbsp** breadcrumbs
- **1 tbsp** truffle tapenade
- **1 tbsp** honey
- olive oil
- salt and pepper

SALAD

- salad leaves of your choice (rocket, frisée, lollo rosso)
- **1** spring onion
- **1** tomato
- **1 handful** alfalfa sprouts

DRESSING

- **1 tsp** Kikkoman (soy sauce)
- **1 tsp** honey
- wasabi to taste
- **½ tsp** sesame oil
- **4 tbsp** sunflower oil
- **1 tbsp** rice vinegar
- **1 tbsp** lemon juice
- pepper

Method

QUAILS

1. Preheat the oven to 180 °C.
2. Peel and finely chop the shallot and garlic. Chop the mushrooms as finely as possible.
3. Heat a little olive oil in a frying pan and fry the shallot, garlic and mushrooms. Leave to cool.
4. In a bowl, mix with the minced chicken, breadcrumbs and truffle tapenade and season with salt and pepper.
5. Season the quails inside and out with salt and fill them with the mince mixture. Close with a cocktail stick if needed.
6. Place the quails on a baking tray lined with baking paper, brush with olive oil and drizzle with the honey.
7. Roast in the middle of the oven for 25 minutes until cooked (core temperature 70 °C).

SALAD AND SERVING

8. Wash the salad leaves in a large bowl of water and dry them in the salad spinner. Very finely slice the spring onion and cut the tomato into wedges.
9. Whisk all the dressing ingredients together.
10. Make a bed of salad on the plates and garnish with the spring onion, tomato, dressing and alfalfa.
11. Place a quail on top and finish with a little alfalfa and some black pepper.

EQUIPMENT

Knife, chopping board, cocktail sticks, whisk, frying pan, bowl, baking tray with baking paper, salad spinner, meat thermometer