100% Leafy

Experience the Leafy choice

Vilmorin
MIKADO

Limagrain
BABYLEAF SALAD AND GRILLED SALMON

1. Fry cubes of salmon fillet on a pan with the olive oil for 10 minutes.

2. Wash and dry the Babyleaf Spinach, Beetroot and Rocket.

3. Remove small florets from the broccoli head and cook them in a pan of hot water for 10 minutes.

4. Arrange the Babyleaf Spinach, Beetroot, Rocket, salmon cubes, diced emmental and broccoli florets on your plate.

5. Pour over the sesame seed, crème fraîche and chopped chive mixture.

Did you know?

Spinach contains vitamin B, particularly vitamin B9, which is essential for energy production and the proper functioning of the nervous system.
RAMEN BURGER WITH BATAVIA

1. Cook the **ramen noodles**. Once cooled, add the beaten **egg**, mix and divide into 2 lots.

2. Heat the olive oil in a pan, add a metal ring (about 8 cm) and fill it with the noodles (do this twice for the two lots of noodles). Cook on each side for 2 minutes.

3. Mix together the **minced beef**, **soya sauce** and **sesame oil**. Season with salt and pepper. Shape into a patty and cook in a frying pan.

4. Cut the **tomato** into slices. Remove the **Batavia** from its base and remove a few leaves.

5. Build your burger by staking the beef patty, the **cheese slice**, the sliced tomato and the **Batavia** leaves inside the two noodle cakes.

**Ingredients**
- Ramen noodles
- 1 egg
- 1 Batavia lettuce
- 200 g of minced beef
- 1 tomato
- 1 cheese slice
- 1 tsp soya sauce
- 1 tsp sesame oil
- Olive oil

**Did you know?**

Batavia is crispy and tender, with an apple green or greenish yellow colour and slightly sweet taste. Batavia can be eaten raw, cooked or stewed.
ICEBERG LETTUCE BOWL WITH VEGETABLES AND BABYLEAF ROCKET

1. Remove and wash 4 beautiful leaves of Iceberg to form a bowl.
2. Fry the chicken breasts in pieces until fully cooked.
3. Cook the rice, slice the radishes, grate the carrots. Mix everything together by adding the Babyleaf Rocket, the chicken breast pieces, the cashew nuts and the olive oil. Season with salt and pepper. Garnish your iceberg bowl with the mixture.

Did you know?
The consumption of rocket is not a new phenomenon. It actually dates back to ancient times. The Ancient Egyptians, Greeks and Romans believed in its many medicinal virtues, including its use as an aphrodisiac, which, however, is still to be scientifically proven!

Ingredients:
- 1 Iceberg lettuce
- 200 g of rice
- 5 radishes
- 2 carrots
- Babyleaf Rocket
- 200 g of chicken breasts
- 1 handful of cashew nuts
- Olive oil
- Salt, pepper
BUTTERHEAD LETTUCE

MAKI ROLLS

1. Wash and dry 8 Butterhead lettuce leaves. Cut them in half.
2. Cut 8 slices of smoked salmon into thin strips and cook 300 g of sushi rice.
3. Spread some rice, some strips of salmon and some more rice along the length of each half-leaf of lettuce.
4. Roll tightly before cutting into 4 to 5 cm portions.
5. Tie the maki rolls together with a chive stem. To taste with a soy sauce dip.

Did you know?
Butterhead lettuce leaves are so tender that they melt in your mouth like butter!

FRISELINE DIPPERS AS AN APERITIF

AVOCADO SAUCE
1. Roughly chop two avocados and put them in a blender.
2. Add the juice of half a lemon, some curry powder, 10 cl of single cream, salt and pepper. Place in a container and keep cool in the fridge.

CREAM CHEESE SAUCE
1. Mix 150 g of cream cheese with 10 cl of single cream.
2. Add the finely chopped chives, salt and pepper. Place in a container and keep cool in the fridge.

FRISELINE
1. Cut your Friseline 1 cm from the bottom to remove the leaves ready for dipping in the two mixtures.

Did you know?
Friseline has a unique appearance with its slender, curly leaves and beautiful yellow colour. Its sweet flavour and crunchy leaves ensure a fresh taste.
Close to the rapid evolution of the market, Vilmorin-Mikado offers a full range of high quality Leafy seeds. Its dedicated teams develop innovations adapted to the entire industry.