SAVOY CABBAGE FLANS WITH YOGHURT, CHIVE AND LEMON SAUCE

Categoria: Starter **Tempo di preparazione:** 20 minutes **Difficoltà:** facile

Ingredienti per 4

- 1 potato (about 100g)
- 200 g savoy cabbage
- 1 free-range egg
- salt, to taste
- pepper, to taste
- 1 pure fresh pork, turkey or vegetarian sausage
- nutmeg, to taste
- 125 g full-fat plain yoghurt
- juice of ½ lemon
- a bunch of chives
- 40 g grey mullet bottarga

A hot appetizer that will delight your guests; so simple and easy to make but so delicious.

Difficulty: **easy**
Cost**: moderate**
Preparation time**: 20 minutes**
Serves:

Method

Wash and peel the potato. Dice it and cook in salted water. Drain once cooked and put to one side. Take six whole leaves from the savoy cabbage, wash them and blanch them in boiling water. Then remove them carefully and put them to dry on a clean tea towel. Cook the rest of the savoy cabbage in salted water for 5/8 minutes. Then drain well and put to one side.

To prepare the filling, beat the egg gently with salt and pepper, add the potato, cooked savoy cabbage and crumbled meat from the sausage. Line 6 individual muffin tins with the savoy cabbage leaves, and add the mixture. Fold over the leaves to close the flans and bake in a preheated oven at 150°C for 8/10 minutes.

Prepare the yoghurt sauce: mix the yoghurt with the lemon juice and chopped chives, then spoon some sauce on each plate, place the flan on the top and garnish with some flakes of bottarga. Enjoy!