

# Armorique discs with Brittany seaweed



4 people

10 min preparation time

10 min cooking time

## All ingredients

- 1 tin (380 g)** [la belle-iloise Arvorig soup](#)
- 3** egg whites
- 4 large tablespoons** of dehydrated mashed potato (60 g)
- 2 pinches** salt
- 1** turn of the pepper mill
- 4** small handfuls of salad
- 4** cocktail tomatoes
- ½** red onion
- A few chives

## Steps

- 1- Thoroughly shake the tin of soup and pour it into a bowl.
- 2- Add the egg whites, a pinch of salt and the dehydrated mashed potato flakes.
- 3- Whisk together immediately and leave to stand for 10 minutes.
- 4- Peel and cut the onion into thin slices.
- 5- Wash and slice the tomatoes.
- 6- Season the salad and divide it between the plates. Top with the onion and tomatoes.
- 7- Heat some oil in a frying pan.
- 8- Add 16 small blobs of the soup mixture, flatten them to form discs, and brown for a few minutes on each side.
- 9- Once cooked, place them on a paper towel.
- 10- Divide among the salad plates and decorate with chives before serving.