



Olive oil chocolate mousse with berries & hazelnuts

Ingredients: (Serves 6)

150g Dark chocolate (70% cocoa solids), roughly chopped
100mL Extra virgin olive oil
1 Tablespoon Frangelico, plus 1 tablespoon extra
Pinch of salt
4 Eggs, separated
50g Caster sugar
300g mixed berries (eg. strawberries, raspberries, blueberries)

Method:

1. Melt chocolate in a heatproof bowl over a saucepan of simmering water. Remove from heat. Stir in olive oil, one tablespoon Frangelico and a pinch of salt.
2. Whisk egg whites in a large bowl until stiff peaks form.
3. Whisk egg yolks and sugar in a separate large bowl until pale, thick and doubled in volume.
4. Gradually pour chocolate mixture into egg yolks, stirring until completely combined. Gently fold in the egg whites, one third at a time. Spoon mixture into dessert glasses or bowls and refrigerate for 20 minutes.
5. Meanwhile, combine berries and remaining one tablespoon Frangelico in a small bowl. Set aside to macerate for 5 minutes.
6. Serve chocolate mousses topped with berries and hazelnuts.

Nutrition Information (per serve):

Energy:	1686kJ (402cal)	Sodium:	83mg		
Protein:	6.4g	Sat Fat:	9.6g		
Fat:	30.8g	Sugars:	20.9g	Fibre:	1.9g
Carbohydrate:	25.1g				