

# Welsh University of the Year Strawberry Mousse



Prep: 10mins / Cook: 3mins



Easy



Serves 4



Add cooling and setting time

kcal 404

fat 27g

saturates 15g

carbs 40g

## Ingredients

250g fresh strawberries

25g caster sugar

140g mini marshmallow

200ml double cream

## Method

Put all but 2 strawberries into a pan along with 100ml water and the sugar. Over a medium heat, cook strawberries until soft enough to mash, about 3 mins. Take off the heat and squash the berries, using a fork, until pulpy. Add the marshmallows, then stir them into the hot strawberries until they dissolve. Leave to cool.

Whip the cream until it holds its shape. Fold the cream into the cooled strawberry mix, then spoon into one bowl or separate pots and chill for about 2 hrs, or until set. Cut the reserved strawberries in half and use to decorate.