

**Asparagus and cherry tomato salad**

**Season:** Spring

**Type:** Accompaniment

**Difficulty:** Easy

**Serves:** 32 tastes

**From the garden:** lettuce

|  |  |
| --- | --- |
| **Equipment:**BlenderSalad spinnerChef’s knifeChopping boardJuicerMeasuring jug | **Ingredients:**6 cups cos lettuce, spinach or other lettuce from garden1-2 bunches asparagus1 punnet cherry tomatoes3 tbs olive oil1 ½ tbs red wine vinegarpinch caster sugarsaltpepper |

**What to do:**

1. Collect salad from garden.
2. Wash lettuce thoroughly. Dry in the salad spinner. Coarsely shred.
3. Wash cherry tomatoes and cut into halves.
4. Snap woody ends off asparagus then cut on the diagonal into 4cm pieces.
5. Blanch asparagus in boiling water for 3-4 minutes or until bright green and tender crisp. Refresh under cold running water. Drain well.
6. Place oil, vinegar, sugar, salt and pepper into a small jar, shake well.
7. Divide lettuce, asparagus and tomatoes evenly between 4 salad bowls.
8. Drizzle with dressing just before serving.