

Asparagus Salad

Season: Spring

Difficulty: Easy

Serves: 30-40 small serves

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Large & medium mixing bowls • Large Frying pan • Tongs • Chopping Boards & Knives • Microplane • Jar for dressing 	<ul style="list-style-type: none"> • 1/2 Kg Asparagus Spears (or more) • 2 tablespoons chopped Parsley • 1-2 tablespoons chopped Chives • Juice & zest of 1/2 a Lemon • 1 teaspoon of brown sugar • Medium mixing bowl of mixed leaves from garden (lettuce, spinach, beetroot etc.) • 50g butter • About 4 tablespoons of EVOO

What to do:

- Wash Asparagus spears and leaves thoroughly.
- Snap Asparagus where they break (about 1/3 from the cut end) and put the frying pan on a medium heat.
- Add some of the butter and a little olive oil to the pan and let it sizzle, then add a bunch of Asparagus. Agitate in pan for about two minutes then place on chopping board to cool. Repeat until all spears are cooked.
- Chop Asparagus into about 5cm sections and place in large mixing bowl.
- Tear the leaves and add to the bowl.
- Meanwhile zest then juice the lemon and add to the jar, add an equal amount of olive oil with 1/2 a teaspoon of salt and plenty of pepper. Add the chopped herbs. Shake the jar well to combine.
- When ready to serve mix the salad with the dressing in the large bowl and serve immediately.