

Asparagus & Hollandaise Salad

Time to gorge on asparagus since it won't be around for much longer... If you liked the pasta recipe with asparagus and courgette last week, try an even simpler way of enjoying these tasty spears raw! Not only does it mean less preparation time and hassle, you'll also benefit more from the vitamins and minerals in this delicious salad. This hollandaise dressing is a little lighter than the traditional dipping sauce, but just as yummy with the salad. Add a poached egg or two for extra creaminess.

Serves 2

- 1 bunch asparagus
- 1/2 cucumber
- 4-6 tomatoes
- 2 handfuls salad leaves or thinly sliced cabbage/kale
- 3 tbsp mayonnaise
- 2 tbsp olive oil
- 1 tbsp chives chopped
- 1 tbsp Dijon mustard
- 1 tsp lemon zest & 2 tsp juice
- salt & pepper



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Snap off the tough bottom ends of the asparagus, and use a potato peeler or sharp knife to cut the spears into thin ribbons. Cut the cucumbers and tomatoes into chunks. Wash the salad leaves or thinly sliced spring greens, and place in a large serving bowl. Toss in the tomatoes and cucumber, and place the asparagus shavings on top. Slowly drizzle the oil into the mayonnaise and stir continuously to prevent it splitting. Stir in the chives, mustard, lemon zest and juice; season to taste. Pour over the salad, and serve with fresh crusty bread.



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