

Asparagus, rocket & smoked salmon salad



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Preparation 20 mins | Serves 4 as a light meal or starter

- 1 bunch large asparagus, trimmed
- 75g baby or wild rocket leaves
- 3 radishes, trimmed and very thinly sliced
- 250g sliced smoked salmon
- Char-grilled sourdough bread

Lemon & herb dressing

- ¼ cup extra-virgin olive oil
- 1½ tbs lemon juice
- 1 tbs finely chopped chives
- 1 tbs finely chopped dill leaves

STEP 1 Using a vegetable peeler, slice asparagus lengthways into thin ribbons. Arrange the asparagus, rocket, radishes and smoked salmon on a serving platter.

STEP 2 To make dressing, combine all ingredients in a screw-top jar. Season with salt and pepper to taste. Shake until well combined. Drizzle dressing over salad, gently toss and serve with char-grilled bread.

Good for you... ASPARAGUS

One of the best sources of natural folate. This B complex vitamin is important throughout life for normal function of the immune system. A source of vitamin C which contributes to protecting body cells from damage from free radicals.

