

Asparagus, tomato & haloumi salad



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Preparation 20 mins | Cooking 8 mins | Serves 4

- 2 tbs olive oil
- 12-15 stems thick asparagus, trimmed
- 250g haloumi, cut into 1cm-thick slices
- 250g mini roma tomatoes, halved lengthways
- ½ small red onion, finely shaved

Green herb dressing:

- 1 cup flat-leaf parsley leaves
- 1 cup mint leaves
- 1 tbs lemon juice
- 1 tsp finely grated lemon rind
- ⅓ cup extra virgin olive oil

STEP 1 To make the green herb dressing, combine all ingredients in a small food processor. Season with salt and pepper. Process until finely chopped. Set aside.

STEP 2 Heat 1 tbs oil in a large frying pan over medium-high heat. Add asparagus and cook, turning occasionally, for 3-4 minutes until just tender. Transfer to a serving plate.

STEP 3 Add remaining 1 tbs oil to the pan and heat over medium-high heat until hot. Add haloumi and cook for 1 minute on each side until just golden and hot. Halve asparagus lengthways. Arrange asparagus, haloumi, tomatoes and onion on a serving platter. Drizzle with the green herb dressing.

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.

