

Bean, asparagus & ham salad with basil dressing



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Preparation: about 20 minutes
Cooking: about 8 minutes
Serves: 4

A great way to serve left-over Christmas ham. If preferred use a handful of baby rocket leaves instead of micro-herbs.

250g green and/or butter beans, trimmed
2 bunches baby asparagus, trimmed
500g sliced leg ham off the bone
100g Greek feta, thinly sliced
Mixed micro-herbs (like mustard cress and baby rocket), trimmed, to serve

Basil Dressing

2 tbs olive oil
1 tbs white balsamic vinegar
¼ cup small basil leaves, finely chopped

1. To make basil dressing, place dressing ingredients in a bowl. Season with salt and pepper. Whisk to combine. Set aside.
2. Bring a frying pan of water to the boil over high heat. Add beans and cook for 2-3 minutes until just crisp. Remove with a slotted spoon, refresh in cold water. Add asparagus to the pan and cook for 1 minute. Drain and refresh in cold water. Pat beans and asparagus dry with paper towel.
3. Arrange beans, asparagus, ham and feta on serving plates. Top with micro-herbs. Drizzle with basil dressing and serve.



Asparagus

- One of the best sources of natural folate. This B complex vitamin is important throughout life for heart health.
- A source of vitamin C which functions in the body as an antioxidant, helping to prevent damage to body tissues.
- A good source of dietary fibre, which helps prevent constipation