

Shaved asparagus, rocket & parmesan salad



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Preparation 20 mins | Serves 4

This delicious salad makes a great side dish. For a light meal, serve the salad topped with sliced smoked salmon or soft-boiled eggs.

- 1 large bunch thick asparagus*, trimmed
- 2 tbs extra virgin olive oil
- 1 tbs lemon juice
- 1 tsp finely grated lemon zest
- 1/3 cup toasted pine nuts
- 2 tbs finely chopped chives
- 60g baby rocket leaves
- 75g parmesan, shaved

* Asparagus bunch and thickness varies - you'll need about 12 stems of very thick asparagus spears.

STEP 1 Using a julienne peeler, very thinly slice asparagus lengthways (from the stem end) into ribbons. Plunge asparagus into a large bowl of iced water. Stand for 10 minutes, then drain and pat dry with paper towel.

STEP 2 Combine asparagus, oil, lemon juice and zest, pine nuts, chives and rocket in a large bowl. Season with salt and pepper. Gently toss to combine. Arrange on a serving platter, sprinkle with parmesan and serve.

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.

