



Asparagus Salad

Gorgeous green & white asparagus salad made with Alpro Soya Cuisine

Preparation

1. Make the dressing: Crush the garlic and mix with the lemon juice, mustard and honey. Stir in the Alpro Soya Cuisine and season with freshly ground pepper and a pinch of salt.
2. Snap off and discard the wooden ends of the asparagus and place into a pan of boiling water and cook until al dente. Note: add the white asparagus to the pan first as it will need longer to cook than the green asparagus. Add the green beans to the pan also at the same time as the green asparagus.
3. Drain the vegetables and pat dry before cutting into equal pieces.
4. Heat oil in a pan and stir-fry the veggies for 2 to 3 minutes. Season with pepper and a pinch of salt.
4. In a large bowl mix together the coriander, beetroot, asparagus, green beans and chopped red onion. Divide the salad onto four plates. Garnish with the dressing, blue cheese and toasted almond flakes. Enjoy!



4 portions



30min



Ingredients

- 700g thin white and green asparagus
- 200g green beans
- 1 tbsp olive oil
- 1 bunch coriander, chopped
- 50g beetroot salad
- 1 red onion, roughly chopped
- 100g blue cheese, crumbled
- 50g flaked almonds
- Dressing:
- 1 clove garlic
- 2 tbsp lemon juice
- 1½ tsp mustard
- 1 tsp honey
- 100ml Alpro Soya Cuisine
- Freshly ground pepper and salt

Made with

Soya Cuisine Single UHT

