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# GREEN SALAD WITH ASPARAGUS



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**Serves 4-6**

**Preparation time:**

5 minutes

**Cooking time:**

2 - 3 minutes

**Ingredients:**

2 x 100g bags mixed lettuce leaves, rinsed

1 carrot, peeled and grated

200g asparagus

**For the Dressing:**

3 tbsp rapeseed oil

Juice of 1 lime

½ tsp sugar

1 tsp salt

**Method**

1. Take each asparagus spear and snap it (don't cut, snapping naturally determines which part of the asparagus is ready to eat).
2. Blanch the tip ends in boiling water for 2-3 minutes until bright green. Remove from the boiling water and immediately run under cold water to cool.
3. Wash the salad leaves and put them in a bowl with the asparagus. Put all dressing ingredients into a small jam jar with a lid or bowl and mix well. Pour over the dressing to the salad and serve.