



Warm Asparagus Salad

Serves 2

1 bunch asparagus – trimmed
1 spring onion – thinly sliced
½ tsp lemon rind
1 tbsp lemon juice
1 tsp sesame seeds – toasted
drizzle of olive oil
salt & pepper

1. Put the asparagus into a microwavable dish with a splash of water, cover and cook on high for 1 minute. Remove from the microwave and set aside.
2. Dry fry the sesame seeds until golden.
3. Heat the oil in a small pan, add the spring onion, lemon juice and rind, pinch of salt and grind of pepper. Stir together, then toss over the beans.
4. Sprinkle over the sesame seeds.



This recipe will also work well using green beans, sugar snap peas, broccoli, carrots or courgettes.