

VEGETARIAN

ASPARAGUS AND CABBAGE SALAD



Ingredients (For 4 people)

- 1 bunch of asparagus
- 1 shallot
- 4 handfuls of rocket salad
- 4 kale leaves
- ½ red cabbage
- 4 radishes
- 25 g pistachios
- 50 g olives
- 1 tbsp olive oil
- Dressing:
- 3 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper

Preparation:

For the dressing:

Stir all the ingredients together and season.

For the salad:

Cut the tips off the asparagus and reserve.

Chop the shallot.

Heat the oil in a frying pan and sauté the asparagus and shallots.

Mince the kale, cabbage and radishes.

Pit the olives.

Toast the pistachios in a frying pan for a few minutes.

Combine all the ingredients in a salad bowl.

Toss the salad with the dressing.

