

Asparagus salad

For 4 servings

Large perforated steamer

Asparagus:

500 g white asparagus

500 g green asparagus

Salt

For the salad dressing:

1 tsp honey mustard

2 tbsp white wine vinegar

3 tbsp olive oil

1 tbsp pumpkin seed oil

Salt

Black pepper, freshly ground

In addition:

1 bunch rocket

200 g cherry tomatoes

40 g Parmesan

Per serving

212 kcal, 7 g carbs, 16 g fat,

10 g protein, 0,6 BU

1. Peel the white asparagus and cut off the hard bottom quarter. Put the peelings in the unperforated steamer. Cut off the bottom third of the green asparagus.

2. Cut the white and green asparagus diagonally into thirds. Add the white asparagus to the perforated steamer and slide into the cooking compartment. Slide the universal pan with the peelings in underneath. Cook as indicated.

3. After 3-5 minutes, place the green asparagus next to the white and cook as indicated until firm to the bite.

4. To make the salad dressing, stir together the mustard, vinegar and oil and season with salt and pepper.

5. Wash the rocket and drain well. Halve or quarter the cherry tomatoes, depending on size.

6. After steaming, place the asparagus in a shallow dish. Add 2 tbsp of the asparagus liquor to the salad dressing and drizzle the dressing over the asparagus.

7. Arrange the rocket and tomatoes on 4 plates. Place the asparagus on top and drizzle with the salad dressing. Use a potato peeler to make Parmesan shavings. Scatter them over the salad and serve.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 2

Steaming

80 °C

White asparagus:

Cooking time: 8-12 minutes

Green asparagus:

Cooking time: 6-9 minutes