



Salad of Asparagus and New Potatoes, with Gorgonzola and Basil

- 500g asparagus spears
 - Juice of 1/2 a lemon
 - 4 tbsp of extra virgin olive oil
 - Sea salt and black pepper
 - 225g small British new potatoes, boiled and cut into quarters lengthwise, and tossed in a little olive oil
 - 250g cherry tomatoes cut in half
 - 50g stoned black olives halved
 - 2 shallots finely chopped
 - 1 large bunch of basil finely shredded
 - 150g of Gorgonzola/Dolcelatte cheese crumbled
1. Clean the asparagus and trim any white ends or peel with a vegetable peeler
 2. Bring a large pan of salted water to the boil, drop in the asparagus and blanch for 1-3 minutes until just tender
 3. Drain and immerse in very cold water to prevent further cooking. This leaves the asparagus bright green.
 4. Mix the lemon juice and olive oil together with the sea salt and black pepper. Add the cooked boiled potatoes, cherry tomatoes, olives, shallots and basil and toss together. Arrange the asparagus on a large platter or individual serving plates, spoon some of the potato mixture over the asparagus and garnish with the crumbled cheese



Is an excellent source of:

- Folate

Is a useful source of:

- Vitamin C
- Also contains:
- Rutin
 - Magnesium
 - Niacin (Vitamin B3)
 - Fructoligosaccharides
 - Potassium
 - Calcium
 - Copper
 - Beta-carotene
 - Phosphorus
 - Vitamin B6
 - Manganese
 - Iron

- Biotin
- Saponins
- Vitamin B2 (Riboflavin)
- Vitamin A (Retinol)
- Vitamin B1 (Thiamin)
- Vitamin B5 (Pantothenic acid)
- Zinc

80g asparagus (5 spears), cooked, typically contains
 21kcal
 2.7g protein
 0.6g fat
 1.1g carbohydrate
 1.1g fibre

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