



# Asparagus, Orange & Walnut Salad

Serves 4

## SUMMARY

Asparagus is a wonderful veg to use in salads. Complimented by a tasty oil, the flavours will really blend well with this lovely recipe.

## INGREDIENTS

75g Spinach (washed)  
24 Stalks Raw Asparagus  
2 Large Oranges  
50g Walnuts  
1 Red Onion



## VINAIGRETTE INGREDIENTS

75ml Oil	20g Garlic Granules
30ml Lemon Juice	Salt & Pepper to season
25g Chopped Basil	

## METHOD

1. Snap the Asparagus then thinly slice into diagonal slices.
2. Peel and cut your oranges into bite-sized pieces. Dice the red onion. Chop the walnuts into small pieces.
3. For the vinaigrette dressing - place all the ingredients into a bowl and whisk well. Season to taste.
4. Add all your ingredients into a bowl and pour over the dressing.

Allergy notice: this recipe includes nuts

