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Green asparagus and strawberry salad

INGREDIENTS

1 pack of green asparagus

1/2 bowl of green pickling salad

1 handful of rocket

250 g strawberries

1 tbsp chopped parsley

1 tbsp sunflower seeds

dressing

5 tablespoons of olive oil

2 tbsp balsamic vinegar

1 tsp mustard

1 tsp sugar

Salt pepper

INSTRUCTIONS

Clean the asparagus, cut the ends and cut into 4-5 cm pieces. Clean the lettuce and rocket, cut the strawberries into eighths. Heat a pan with 2-3 tablespoons of olive oil and fry the asparagus bite-proof for 4-5 minutes. Put the pickling salad, strawberries and asparagus in a bowl. Mix the olive oil with the vinegar, sugar, mustard and spices for the dressing and pour over the salad. Mix everything well.

RECIPE NOTES

The beginning of spring! Time for asparagus. The green asparagus can be processed into a delicious salad. Today there is a green asparagus and strawberry salad with balsamic dressing and sunflower seeds.