

Green Asparagus Salad



This summery salad is super easy to make and most of the ingredients you have most of the time in your kitchen anyway. If you are looking for a low fat, easy recipe, a party dish or a summer picnic item without much hazzle and shopping – this is it!

Ingredients

For the salad

- 120 g long grain rice
- 12 green asparagus spears
- ½ cucumber
- 1 red bell pepper (diced)
- 2 tomatoes (diced)
- 2 spring onions (sliced)
- 1 tablespoon olive oil

For the dressing

- 1/2 lemon (juice)
- 6 tablespoons olive oil
- Herb salt
- Black pepper
- 1 tablespoon Aceto Balsamico
- ½ teaspoon mustard
- 1 garlic clove (pressed or diced in very small dices)

Instructions

- Boil the rice al dente
- Clean the green asparagus, the bell pepper and the tomatoes, peel the spring onions
- Cut the asparagus in 1 cm pieces and fry them in a pan with olive oil until they are soft but still al dente
- Dice the bell pepper and add it to the asparagus in the pan for the last 2 minutes.
- Dice the tomatoes and slice the spring onions, peel the cucumber and dice it,
- Mix the rice with all the vegetables in a bowl.
- Prepare the dressing by mixing all ingredients together. Make sure it is well mixed and a smooth dressing (a dressing shaker comes handy, otherwise just a little whisk).
- Pour the dressing over the salad, mix it well and let it stay for an hour. Mix it in between a few times.