

TASTE WITHOUT WASTE

Strawberry, Asparagus, Avocado & Almond Salad

Serves 2-4

Ingredients

250g strawberries, hulled
2 tsp balsamic vinegar
2 big handfuls baby spinach
1 bunch asparagus, trimmed and cut into thirds
½ avocado, thinly sliced
10 basil leaves, torn
¼ cup roasted almonds, roughly chopped
Extra virgin olive oil to serve

Method

Preheat the oven to 175C. Line a small baking tray with baking paper and set aside.

In a small bowl toss the strawberries with the balsamic vinegar and set aside to 'marinate' for 5 minutes. Meanwhile, bring a small pot of water to a rolling boil. Add the asparagus and cook for two minutes. Drain and transfer to a bowl of iced water to refresh.

Roast the strawberries for 20 minutes or until they just begin to release their juices. Set the pan on a wire rack and leave to cool.

To assemble: Scatter 2/3 of the baby spinach leaves over a plate and top with 2/3 of the asparagus, half of the avocado, basil and strawberries. Top with the remaining spinach, then the asparagus, avocado, basil, strawberries and finally scatter with almonds.

Serve drizzled with a little extra virgin olive oil.

Source: A tastewithoutwaste original.

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