

Asparagus and Cucumber on a Bed of Mixed Leaves with Lemon Garlic Chilli and Lemongrass Dressing



Serves 2 (Serve size 318g)

Energy: 309kj (73Kcal), protein: 6g, total fat: 1g, saturated fat: 0g, carbohydrate: 6g, dietary fibre: 8g, sodium: 111mg per 100g

Ingredients

- Asparagus x 3 bunches or 300g
- Cucumbers x 1 medium size or 183g
- Mixed Lettuce x 2 good handfuls or 50g
- Lemons x 2 medium size or 70g Lemon juice
- Fish Sauce x half teaspoon or quick splash
- Garlic x 1 small clove or 2g
- Chili x 1 or 14g (use “banana” variety of chillias it has little to no heat)
- Lemongrass x half teaspoon or 4g (You can use store brought paste for ease and convenience)
- Stevia Liquid x 2 to 3 drops or 1g

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Method

1. Blanche off the asparagus for one to 2 minutes and cool off in chilled water to stop further cooking and set aside
2. Cut cucumbers in half lengthways and scoop out the seeds and cut diagonally into thin slices
3. Zest all the lemons with a small grater and set aside. The skin of the lemon contains flavorsome oils that adds the extra zing
4. Thin slice the chilli and set aside
5. Finely dice or grate garlic and set aside

Dressing

6. Squeeze lemons into a bowl
7. Add the sliced chilli, garlic and lemongrass paste into the bowl
8. Stir in well, making sure the lemongrass is mixed in
9. Add the fish sauce a bit at a time and taste (as you don't want to overpower the flavour with fish)
10. Add in one drop at a time of the Stevia
11. Put a layer of mixed greens as your base and half of your sliced cucumbers
12. Layer the blanched asparagus
13. Add the half of your sliced cucumbers
14. Sprinkle your lemon zest on top for that extra zingy flavour

Note* The two options are to either put dressing into a side dish and add as you go along or just live a little and add all to your salad.

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