

Asparagus salad

Ingredients required for 4 persons

Preparation time 30 minutes

Difficulty easy

Ingredients

1000 g white asparagus
3 EL lemon juice
4 EL argan oil
6 EL asparagus spice oil
salt and pepper
1 TL vanilla almond spice oil
0.5 Bund parsley
2 TL cane sugar



Preparation

Peel the asparagus and remove woody ends. Cut diagonally into 3 cm pieces and cook al dente. For the dressing, mix lemon juice, argan oil, vanilla almond spice oil, asparagus spice oil, salt and pepper in a bowl. Wash parsley, chop and add to the dressing. Mix all ingredients. Season to taste with sugar or coconut flower sugar. Pour the dressing over the asparagus and toss over the salad.