



Asparagus and Pomegranate Salad

Ingredients

- 3 bunches of asparagus
- ½ C whole or chopped or flaked almonds
- A handful of fresh mint leaves
- Leafy green of choice - rocket or baby spinach
- 1C pomegranate seeds
- 1C defrosted peas (optional)
- Pomegranate molasses (optional)



Method

1. Cut off the ends of the asparagus and slice into big chunks.
2. Bring a pot of water to a boil and blanch the asparagus for 20-30 seconds in rapidly boiling water, before draining and plunging into cold water to stop the cooking and retain the vibrant green colour.
3. Drain once cool and set aside.
4. Toast the almonds in the oven or a pan and allow to cool.
5. To assemble, toss the asparagus with the baby spinach and/or fresh rocket, fresh mint leaves, pomegranate jewels, defrosted peas (optional) and toasted almonds.
6. Make a vinaigrette or if you don't feel up to it, drizzle with pomegranate molasses and extra virgin olive oil, salt and pepper.

Vinaigrette

- ¼ C pomegranate molasses
 - 1 Tbsp Dijon mustard
 - 1 tsp red wine vinegar
 - 1 tsp maple syrup or sweetener of choice
 - A pinch of salt
 - ½ C extra virgin olive oil
1. Shake all together or whisk just before serving. It will separate on standing.
 2. This should last for at least 1 month in the fridge, but can probably last even longer.