



Asparagus, Avocado, Pine Nut and Dill Salad

The finished dish

This simple, delicately flavoured salad would make an ideal starter for a special meal, particularly in late spring, the asparagus season.

What do I need?

255g asparagus, trimmed

olive oil, for brushing

1 handful of wild rocket

1 ripe avocado, stoned and sliced

1 handful of pine nuts, roasted

For the dressing

30ml olive oil

1 tbsp of chopped, fresh dill

juice of 1 lime

What do I do?

Preheat the grill. Trim the asparagus, using a vegetable peeler strip away 5cm of the skin from each stalk. Lay the asparagus on a grill pan in a single layer and brush lightly with a little olive oil. Grill for 5-6 minutes, turning occasionally, until tender and lightly golden in some parts. Sprinkle some freshly ground pepper and a little sea salt before leaving to cool slightly. Mix together all the dressing ingredients. Season to taste.

Arrange the asparagus on a serving plate, top with the rocket and avocado. Drizzle over the dressing, sprinkle with pine nuts and serve immediately.