



Zucchini and asparagus salad

40'
Hands on

40 minutes'
Hands off

4-6
Portion(s)

1
Difficulty



Ingredients

- 4 zucchinis
- 250 g asparagus
- 2 onions
- 100 g anthytyro cheese
- 1 tablespoon(s) poppy seeds, + extra, to serve
- 2 sprig(s) chives, finely chopped
- 1 spring onion, cut into rounds
- lemon juice, of 1 lemon
- 50 g olive oil
- 1 tablespoon(s) mustard, dijon
- salt
- peppermint leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

167 Calories (kcal)	12.0 Total Fat (g)	3.1 Saturated Fat (g)	7.2 Total Carbs (g)
8%	17%	16%	3%
5.8 Sugars (g)	5.1 Protein (g)	3.2 Fibre (g)	0.48 Sodium (g)
6%	10%	13%	8%

Method

- With a peeler or a mandoline slicer, cut the zucchinis lengthwise, in 0.5 cm thick strips, and transfer them to a **bow**l with water and ice. Allow 30 minutes for the strips to start turning "curly".
- Boil the asparagus in a **pot** with salted water over high heat, for 1-2 minutes, until it is tender. Drain, directly transfer into a bowl with iced water and allow 10 minutes for it to cool completely. Remove the asparagus, drain it, and transfer to a bowl.
- Cut the onions into thin slices and add them to the bowl with the asparagus. Drain the zucchini strips and add them to the bowl with the onion and the asparagus.
- With your **hands**, crumble the anthytyro cheese into the bowl. Add the poppy seeds, the chives, the spring onion, and mix with a wooden spoon.
- In another bowl whisk the lemon juice, the olive oil, the mustard, and the salt, until there is a uniform and thick sauce.
- Pour the sauce into the bowl with the rest of the vegetables and mix with a wooden spoon.
- Serve on a platter and sprinkle with poppy seeds and peppermint leaves.