

Less than 30 minutes

Serves 4

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Ingredients:

Salad:

- 1 large punnet (250g) asparagus, halved
- 1 punnet (125g) baby corn, halved
- 1 punnet (125g) mangetout
- 2 tubs (100g each) English spinach, washed
- ¼ cup (60ml) radishes, sliced

Dressing:

- ½ shallot or red onion, minced
 - 1 clove garlic, peeled and chopped
 - 1cm knob ginger, chopped
 - 1 red chilli, deseeded and chopped
 - 2 Tbsp (30ml) soy sauce
 - 1 Tbsp (15ml) sesame oil
 - Juice (30ml) and grated peel of 1 lime
 - 1 Tbsp (15ml) fresh coriander, chopped
 - Salt and milled pepper
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- 1 Tbsp (15ml) toasted sesame seeds, for serving
 - Lime slices, for serving

Method

1. Blanch asparagus, baby corn and mangetout in a pot of simmering water for 1-2 minutes.
2. Drain and refresh in ice water.

3. Combine all salad ingredients in a serving bowl.
4. Mix dressing ingredients together and season to taste.
5. Pour dressing over salad and sprinkle with sesame seeds.
6. Serve garnished with lime slices.

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