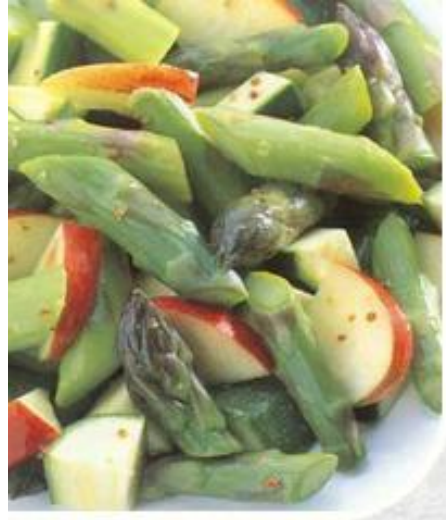


Asparagus and Apple Salad

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor. For more recipes visit www.nikkimartin.co.nz.



Ingredients

1 bunch asparagus (250g)
1 red-skinned apple, cored and sliced
2 courgettes, cut into chunks
1 tablespoon oil
2 tablespoons white vinegar
1 teaspoon prepared whole seed mustard
1 teaspoon sugar

Method

Cut the asparagus into 5 cm lengths. Blanch in boiling water for 2-3 minutes. Cool under cold running water. Drain.

Place the cooled asparagus, apple and courgettes in a bowl. Blend the oil, vinegar, mustard and sugar together. Pour over the asparagus mixture. Mix well.

Serves 4.

Variation

Use 8 to 10 strawberries instead of the apple.
