

Asparagus & Snap Pea Salad with Citrus Vinaigrette

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Category: Salad

Servings: 8

Preparation Time: 30 min

Cooking Time: 3 min

A note before you start:

I use the direction/term: "top and tail" the snap peas which means to remove the tough inner membrane of the snap peas. I give a detailed explanation of this technique on my website under the Terms and Techniques tab.

Ingredients:

1 bunch of asparagus

4 oz of snap peas - 1/2 a package from Whole Foods

1 blood orange or regular navel orange

Zest from the orange

1/2 cup of crumbled feta cheese

1/3 cup of chopped pistachios (or nut of your choice)

torn/chopped lettuce of your choice to line a serving dish

Citrus Vinaigrette - recipe to follow

Step 1: Fill a bowl with cold water and 2-3 cups of ice and set aside.

Step 2: Bring a large pot of water to a boil.

Step 3: Cut the bottom quarter of the asparagus off and discard. Cut the remaining asparagus into 1" pieces on the bias.

Step 4: Top and tail the snap peas*. See: A note before you start above.

Step 5: Once the water is boiling, add the asparagus. Turn the heat down to medium and cook the asparagus for 2 minutes. Add the snap peas and cook for one more minute.

Step 6: Drain the asparagus and snap peas and immediately plunge them into the bowl with the ice water. This will stop further cooking. Leave in the bowl for 5 minutes and then drain and pat dry.

Step 7: Zest the orange and reserve the zest for the vinaigrette. Remove the peel from the orange and section out the orange slices.

Step 8: In a separate bowl, toss the lettuce with 1/3 cup of the citrus vinaigrette and place on a shallow platter. Place the asparagus and snap peas in the same bowl and toss with 1/4 cup of citrus vinaigrette and gently place on top of the lettuce. Place the orange slices around the salad platter. Sprinkle with the feta and pistachios.

Citrus Vinaigrette

1/4 cup Avocado oil

1/4 cup Olive oil

2/3 cup of orange juice

6 TBSP of freshly squeezed lemon juice

1 shallot minced with a zester

1 TBSP of honey mustard

1/2 tsp of kosher salt

1/2 tsp of black pepper

Step 1: Put all of the above ingredients into a mason jar, cover tightly and shake until well blended.

Buon Appetito!



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