







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

British Summer Salad with Asparagus, Chives and Fennel

In honour of the Queen's second birthday week (lucky her!), our chef André has created this delicious seasonal asparagus salad, bursting with yummy (and healthy!) ingredients. Arranging the leaves in a crown at the end makes it look like a salad fit for the queen! Arise Sir André, your salad has been knighted!



35 mins



veggie



healthy



gluten free



New Potatoes (1 pack)



Fennel (1)



Lemon (1)



Asparagus (1 pack)



Spring Onion (3)



Chives (2 tbsp)



Sour Cream (1 pot)



Baby Gem Lettuce (1)



Lambs Lettuce and Bulls Blood Leaves (1 bag)

Ingredients

	2 PEOPLE	ALLERGENS
New Potatoes, quartered	1 pack	
Fennel, chopped	1	
Lemon	1	
Asparagus	1 pack	
Spring Onion	3	
Chives, chopped	2 tbsp	
Sour Cream	1 pot	Milk
Baby Gem Lettuce	1	
Lambs Lettuce and Bulls Blood Leaves	1 bag	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Female asparagus stalks are plumper than male stalks.

Nutrition per serving: Calories: 344 kcal | Protein: 11 g | Carbs: 58 g | Fat: 14 g | Saturated Fat: 8 g

2



1 Pre-heat your oven to 200 degrees. Quarter the **new potatoes** and pop them onto a baking tray. Drizzle over 1 tbsp of **olive oil** and ½ tsp of **salt**. Mix well and pop the tray on the top shelf of your oven to roast for 25-30 mins.

2 Prepare the **fennel**. Remove the thin bits at the top and keep to one side. Cut the **fennel** in half lengthways and then remove the tough core (see picture). Cut each half of the **fennel** into four wedges. Zest the **lemon** and squeeze the juice into a bowl. Pop the **fennel** in a bowl, season with ¼ tsp of **salt**, 1 tbsp of **olive oil** and half of your **lemon** juice. Mix well and then pop onto another roasting tray. Put the **fennel** in your oven and roast for 20-25 mins as well, turning after 12 mins to make sure it cooks evenly.

3



3 While your **fennel** and **potatoes** cook, cut the bottom 2cm off the **asparagus** stalks. Remove the roots from the **spring onions** (but keep whole). Finely chop the **chives** or snip them with scissors if you have them! Chop the **fennel** tops as small as you can.

4 Heat a wide based frying pan on high heat (do not add any oil). When the pan is really hot, add the **spring onions**. You want them to char, so leave them for 1½-2 mins before turning and making sure that they are nicely coloured. Repeat on the other side and keep them to one side. Repeat the process with the **asparagus** cooking for 3 mins on each side. **Tip:** *Do this in batches if necessary as overcrowding the pan will slow down the charring process.* When all of the **asparagus** are charred, season them with ¼ tsp of **salt**, a drizzle of **olive oil** and 1 tsp of **lemon** juice. Place them on a chopping board, cut them in half at an angle and keep them to one side.

4



5 Now make the dressing, mix the **chives** into the **sour cream** along with a generous pinch of the **lemon** zest and 1 tsp of **lemon** juice. Season with a pinch of **salt** and then taste the dressing to make sure it has enough zing! Add more **lemon** juice if you want!

6 Prepare the **baby gem lettuce** by removing the root and then separating the leaves. When you get to the core, cut this in half lengthways. Put all of the prepped **baby gem** in a bowl, we will dress it later.

7 Check your **fennel** and **potatoes**, if they are golden, remove from your oven and get ready to assemble a salad fit for The Queen!

8 Dress your **baby gem** with half of your **sour cream** dressing. Make sure the leaves are well coated. Neatly place four pieces of roasted **fennel** in the centre of each of your plates. Surround them with a crown of **baby gem** leaves.

4



9 Pop a small pile of the **lambs lettuce** and **bulls blood leaves** on top of your **fennel** and then top with your cooked **asparagus**. Finish your plates with your roasted **potatoes** and drape your **spring onions** on top. Sprinkle over your chopped **fennel** tops. Serve the leftover **sour cream** dressing as a dip for your **asparagus**. Bow to your royal salad and then devour like a medieval peasant!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!