



## Asparagus, Feta and Quinoa Salad with Lemon Dressing

This is a great vegetarian dish which gets its flavour from the lemon and feta combination. Cooking the grain (in this case high protein quinoa) in stock water is another easy way to add flavour without adding any extra time or hassle. This dish is packed full of greens and is outrageously nutritious!

### Nutritional Info

Calories: 500 kcal  
Carbohydrates: 50 g  
Protein: 20 g  
Fat: 25 g

### Ingredients

- Asparagus
- Courgette
- Sugar Snaps
- Rocket
- Sesame seeds
- Quinoa
- Vegetable Stock Cube
- Feta Cheese
- Lemon Dressing
  - Lemon Juice
  - Rapeseed Oil

### Your Pantry

- Olive Oil

### Allergens


Milk (Cheese)  
Celery (Stock Cube)  
Sesame (Sesame seeds)  
Stock Cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Make the stock**

Combine the stock cube with 300 ml of boiling water per person.

### 2) **Cook the quinoa**

In a pot, add the stock and quinoa and boil for 20-25 minutes before draining.

### 3) **Toast the sesame seeds**

Place the sesame seeds in a hot pan without oil. Cook for 1-2 minutes, shaking the pan and watching the seeds so they don't burn. When they're golden transfer to a bowl.

### 4) **Boil the asparagus**

Chop about 2cm off the bottom of the asparagus stalks and discard. In a pot of boiling water cook the asparagus for 2 minutes. Remove and set aside.

### 5) **Cook the courgette and sugar snaps**

Cut the courgette down the middle lengthways and then slice thinly. Add some olive oil to a pan and fry the courgette and sugar snaps on a high heat.

### 6) **Plate the dish**

Place the quinoa, rocket and vegetables on the plate and crumble over the feta. Finish with some of the lemon dressing to taste.



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