

# Roasted asparagus and pea salad

## Ingredients

- 3 Tbsp natural yoghurt
- 1 tsp wholegrain mustard
- ½ tsp honey
- ½ lemon, zested and juiced
- 100g watercress
- 1 large slice sourdough bread
- 200g asparagus, tough ends removed
- 1 ½ tbsp cold-pressed rapeseed oil
- 2 eggs
- 200g frozen peas



# HEAL

HEALTHY EASY ACCESSIBLE LOCAL

## FOODS

### Method

**Step 1 – Heat oven to 220C/200C fan forced. Mix yoghurt, mustard and honey together. Add the lemon zest, then add the juice and some seasoning to taste. Squeeze any remaining lemon juice over the watercress.**

**Step 2 – Tear the bread into rough chunks and put them on a large roasting tray with the asparagus. Toss both in the rapeseed oil and seasoning, and roast for 10 mins until the asparagus is tender and the croutons are golden.**

**Step 3 – Meanwhile, cook the eggs in a pan of boiling water for 6 mins, then add the frozen peas and cook for 1 min more. Drain and rinse both under cold water until cool. Peel the eggs, then cut into quarters.**

**Step 4 – To assemble, mix the asparagus and peas through the watercress, then toss through the creamy dressing. Nestle in the eggs and croutons, and serve. Enjoy!!**

