



Spring green salad

With Tassie lamb



Serves 2-4

Recipe by Marti Cuatt, The Infatuated Foodie

INGREDIENTS

- 1 bunch fresh asparagus (6 - 8 stems)
- Handful of fresh green beans, tails trimmed and cut into thirds
- ½ cup freshly podded young broad beans (or edamame works well)
- 1 sunny golden beetroot (or red beet)
- 3 fresh radishes
- Handful or two of salad leaves of choice
- 2tbs pepitas
- 1tbs sunflower seeds
- 1tsp sesame seeds

DIRECTIONS FOR THE SALAD

1. Snap the ends off the asparagus (they'll break naturally at the right spot), then cut in half. Either blanch for 1 minute in boiling salted water or lightly oil and char on a barbecue grill until tender. Set aside to cool.
2. Blanch the green beans in boiling salted water. Drain and set aside to cool.
3. Pod the broad beans (or use frozen edamame beans if substituting). Blanch for 1-2 minutes and set aside to cool.
4. Peel the beetroot and slice as thinly as possible (a mandolin works well). If you prefer, grate or boil it briefly to make slicing easier. Slice the radishes thinly.
5. Toast the pepitas, sunflower seeds and sesame seeds in a dry hot pan until they start to pop and smell nutty. Set aside to cool.



Sundays

with Lucie Cutting

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VINAIGRETTE DRESSING

- 4 tablespoons extra virgin olive oil
- 2.5 tablespoons white wine vinegar
- Juice of ½ lemon
- ½ teaspoon Dijon mustard
- Pinch of sea salt
- Pinch of brown sugar or a dash of maple syrup or honey
- 1 garlic clove, peeled but left whole

SERVE WITH:

- 4 Tassie lamb cutlets (or other cut to suit your taste and budget)

DIRECTIONS FOR DRESSING AND LAMB

1. For the dressing, add all ingredients to a glass jar with a secure lid. Shake well, then taste and adjust the seasoning if needed.
2. Season the lamb cutlets with salt and pepper, then lightly coat with olive oil. Heat a barbecue grill, heavy-based pan, or frying pan and cook on both sides until just done but still a little pink in the middle. Remove from the heat, cover with foil and rest while you assemble the salad.
3. Now assemble the salad. Add salad leaves to a shallow bowl or deep plate. Arrange asparagus, beans, beetroot and radishes over the top, then sprinkle with the toasted seeds. Drizzle over just enough dressing to coat lightly.
4. Serve with the lamb cutlets for a delicious spring lunch or light dinner.

NOTES

For a salad variation make a creamy tahini and yoghurt dressing instead of a vinaigrette:

Whisk together ⅓ cup plain Greek yogurt, ¼ cup hulled tahini, 2 tablespoons extra virgin olive oil, 1-2 tablespoons lemon juice, 1-2 garlic cloves, peeled and lightly crushed. Season with salt and freshly ground black pepper then spoon over the top of the salad.