MORGENSTER

FOUNDED 1711

WINE AND OLIVE ESTATE

SPINACH, STRAWBERRY AND ASPARAGUS SALAD

RECIPE 7/98

What you will need:

Dressing

1 small red onion, thinly sliced

60ml Morgenster Extra Virgin Olive Oil

30ml lemon juice

5ml chopped garlic

10ml Dijon mustard

15ml honey

salt and pepper

Salad

1 pillow packet of mixed baby spinach and rocket leaves

100g thinly sliced prosciutto, roughly torn

125g strawberries, halved

1 bunch of asparagus, trimmed, blanched and refreshed in cold water

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How to prepare:

Put the onions in a small bowl.

Combine the remaining ingredients and mix well.

Pour over the onions and set aside for 30 minutes.

Arrange the rocket and spinach leaves on a salad platter and add the prosciutto, strawberries and asparagus.

Scatter over the onions that have been marinating and drizzle with the dressing.

Recipe supplied by Angela Day.

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