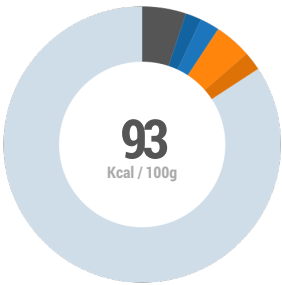


Grilled Asparagus and Courgette Salad with Lemon and Parmesan

Overview ...



WEIGHT:
4.1% Carbs
5.1% Protein
6.5% Fat
84% Water

Food Labelling...

Serves 1

CONTAINS:



Recipe Ingredients ...	Quantity:	Description:
116370 Asparagus (19 Oct 2023).. 114225 Peas Sugar Snap (19 Oct 2023).. 10303 - 10303 Courgettes.. - BRAKES	60g 30g 60g	0.12x Each 0.02x Each 0.01x Each
114207 Tenderstem Broccoli ® (19 Oct 2023).. 89773 - 89773 Prep Premium Lemon Infused Oil 1 Litre.. - BRAKES	60g 10g	 0.01x Each
10439 Fresh Garlic (19 Oct 2023).. 35006 Sysco Classic Basil (24 Jul 2023).. 10533 Lemons (19 Oct 2023).. 113882 Premium Large Mint Bunch (19 Oct 2023).. 114212 Chillies Red (19 Oct 2023).. 149909 Granarolo Parmigiano Reggiano Wedges..	5g 2g 0.5g 2g 2g 20g	 0.01x Each 0.01x Each 0.02x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 252g / 244kcal

1

Cooking Instructions & Notes

Preparation

Snap the asparagus
Slice the courgettes
Trim the broccoli into florets
Pick the basil
Pick the mint
Slice the chilli
Roughly chop the garlic

Method:

1. In a bowl mix together the oil and garlic, toss in the asparagus, broccoli, sugar snaps and courgettes.
2. Over a hot grill quickly bar mark the vegetables then transfer to an oven @250oC for 2 minutes - remove - squeeze over the lemon juice and allow to cool.
3. Spoon the vegetables onto a plate and grate the parmesan all over.
4. Garnish with the mint, basil, chilli then drizzle over the remaining garlic lemon oil - serve!