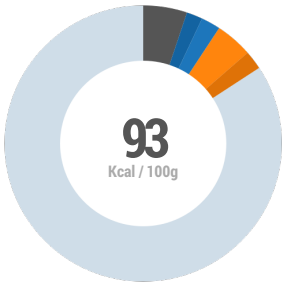
Grilled Asparagus and Courgette Salad with Lemon and Parmesan

Overview ...





WEIGHT:

4.1% Carbs

5.1% Protein

6.5% Fat

84% Water

Food Labelling...

Serves 1

CONTAINS:

MILK

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