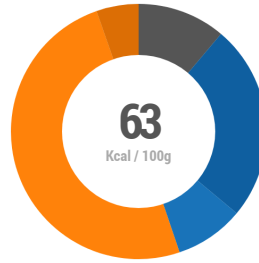


# Asparagus Waldorf salad (website)

OVERVIEW ...



CALORIES:

**33.6% Carbs**

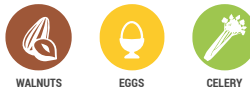
**11.2% Protein**

**55.2% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



WALNUTS

EGGS

CELERY

MAY CONTAIN:



HAZELNUTS,  
PECANS,  
ALMONDS,  
CASHEWS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS

PEANUTS

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

116370 Asparagus.. - BRAKES

116370 ASPARAGUS

**150g**

**0.3 x Each**

*unchanged*

100256 Brakes Walnut Halves..

WALNUT

**10g**

*unchanged*

450530 Granny Smith Apples..

GRANNY SMITH APPLES

**40g**

*unchanged*

114218 Lemons..

LEMONS FRESH DIRECT

**5g**

*unchanged*

89704 Sysco Classic Light Mayonnaise..

LIGHT MAYONNAISE

**20g**

**0.01 x Each**

*unchanged*

10266 Red / Black Seedless Grapes.. - BRAKES

10266 RED GRAPES FRESH DIRECT

**20g**

**0.04 x Each**

*unchanged*

10228 Celery.. - BRAKES

10228 CELERY

BRAKES 60g

0.12 x Each

unchanged

10332 Lettuce Little Gem..

LETTUCE LITTLE GEM FRESH DIRECT

BRAKES 25g

unchanged

113881 Herb Bunched Flat Leaf Parsley.. - BRAKES

113881 PARSLEY FRESH DIRECT

BRAKES 5g

0.05 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 335g / 225kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

Blanch the asparagus in salted boiling water for 1 minute - drain and refresh  
Quarter the grapes  
Peel the celery

**Method:**

1. Finely slice the celery
2. Finely dice and julienne the apple.
3. In a bowl mix together the apple, celery, parsley, lemon and mayonnaise together.
4. Slice the asparagus and mix into the salad.
5. Place the gem lettuce on a suitable dish and spoon over the salad.
6. Garnish with the walnuts, asparagus and grapes - serve!