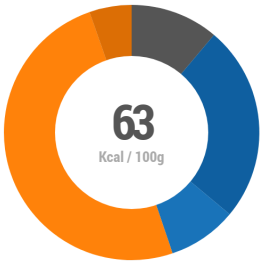
# Asparagus Waldorf salad (website)

## 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.. -<br>116370 ASPARAGUS | 150g | 0.3 x Each | *unchanged* |
| 100256 Walnut Halves..<br>WALNUT | 10g | | *unchanged* |
| 450530 Granny Smith Apples..<br>GRANNY SMITH APPLES | 40g | | *unchanged* |
| 114218 Lemons..<br>LEMONS FRESH DIRECT | 5g | | *unchanged* |
| 89704 Sysco Classic Light Mayonnaise..<br>LIGHT MAYONNAISE | 20g | 0.01 x Each | *unchanged* |
| 10266 Red / Black Seedless Grapes.. -<br>10266 RED GRAPES FRESH DIRECT | 20g | 0.04 x Each | *unchanged* |

| | | | | |
|---|---|---|---|---|
| 10228 Celery.. -<br>10228 CELERY | | 60g | 0.12 x Each | *unchanged* |
| 10332 Lettuce Little Gem..<br>LETTUCE LITTLE GEM FRESH DIRECT | | 25g | | *unchanged* |
| 113881 Herb Bunched Flat Leaf Parsley.. -<br>113881 PARSLEY FRESH DIRECT | | 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!