



QUICK AND EASY TO PREPARE

ASPARAGUS AND POTATO SALAD WITH SALMON



It's asparagus time! And with it comes all the variety this delicious vegetable has to offer. @sallyswelt has come up with a new interpretation of asparagus in this little taster here. Her version: a warm asparagus and potato salad with fried salmon.

INGREDIENTS FOR 2 SERVINGS

- » 600 g potatoes (peeled, preferably waxy)
- » 250 g white asparagus
- » 250 g green asparagus
- » 1 onion
- » 1 red onion
- » 30 g sunflower oil
- » 200 ml vegetable stock
- » 2 tsp mustard
- » 40 g vinegar
- » A little salt
- » Pinch of pepper

Plus

- » 2 salmon fillets, skin on
- » Handful of cut-and-come-again salad
- » 1 tbsp beansprouts
- » horseradish to serve

**METHOD:**

- 01.** Peel the potatoes and cut them into small dice (approx. 2 cm). Peel the white asparagus, and slice it and the green asparagus diagonally into roughly 5-mm slices.
- 02.** Boil the potatoes in salted water for about 5 minutes. They should still be slightly firm to the bite. Add the asparagus and continue cooking for about 2 minutes until the potatoes are done. The asparagus may still have a little bite to it.
- 03.** Drain the vegetables (the water can be used to make an excellent asparagus soup!). Immediately pour the stock over the potatoes and asparagus, and stir in the mustard and vinegar.
- 04.** Peel and finely chop the onions. Sauté them in a little oil in a non-stick pan for about 3–4 minutes. Add to the salad and season with salt and pepper. Leave to stand.
- 05.** Dry fry the salmon in the same pan without oil. Fry the side without the skin first over a medium heat for about 4–5 minutes until a crust has formed. Then turn and continue cooking on the skin side for a further 4–5 minutes. Season the fish with salt and pepper and serve immediately with the potato salad. Goes well with cut-and-come-again salad and beansprouts.

ENJOY!