

Green asparagus salad with roasted red peppers, tomatoes brunoise, basil and olive oil

Recette pour 4 personnes

Description

L'idée déco

You can change the vegetables and the cheese or even add some seasonal fruits in the summer.

Ingrédients

Salad, vegetable

- 1 Bunch(es) Green asparagus
- 6 Unit(s) Italian tomatoes
- 3 Unit(s) Red pepper
- 200 Gr Sheep's milk feta

Dressing

- 1 Tbsp Dijon mustard
- 4 Tbsp Balsamic vinegar
- 125 Ml Vegetable oil
- 2 Pinch(es) Salt
- 4 Turn(s) Freshly ground black pepper

Plating

- 4 Dash Olive oil
- 12 Leaf(ves) Basil

Préparations

Temps de préparation **30 mins**

Préchauffez votre à 435 F°

Prep

Wash the vegetables and slice the asparagus as thin as possible using a mandoline.

Cut the tomatoes in 4, remove the seeds. Dice the tomato petals in little cubes (brunoise).

Dice the feta cheese.

Peppers

Pour canola oil all over the peppers and hop them in the oven for 30mins. Once out, fold them in a a bowl and wrap them with cello for 10-15mins, that'll finish the cooking and will be making it easier to peal. Tempered, peal the skin off, idem for the seeds inside and cut them into nice and even slices.

Dressing

In a bowl, mix all the ingredients and season to taste.

Add the vegetables and the feta cheese.

Plating

Add some basil leaves, a dash of olive oil and serve.

Bon appétit!