



ASPARAGUS, TOMATO AND GOATS CHEESE SPICED PEPITAS WITH SUNDRIED TOMATO DRESSING (PG 1 OF 2)

Ingredients - Sundried Tomato Vinaigrette

1 250g jar sundried tomatoes
3 cloves Garlic
1c Cashew nuts
1 bunch worth oregano
1/2c shaved parmesan
1 (Canned roasted pepper)
2T Dijon mustard
1/2c White wine vinegar
1/2 tsp Salt
1/2t pepper
1c Canola oil

Ingredients - Salad

2 large bunches of fresh asparagus (preferably medium thickness), tough ends trimmed, remaining diced into 2-inch pieces
500g grape tomatoes, halved
2c Terra viva spice pepitas
1c goats cheese, crumbled

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Method

1. Bring a large pot of water to the boil. Meanwhile, prepare vinaigrette
2. Add asparagus to boiling water and allow to boil until tender crisp, about 4 - 5 minutes.
3. Fill a medium mixing bowl with ice and cold water. Drain and immediately transfer asparagus to ice water, let rest about 10 seconds then drain.
4. Transfer asparagus to a bowl with tomatoes and pepitas.
5. Drizzle vinaigrette over the top and toss lightly. Sprinkle over the goats cheese then EAT AND ENJOY!