

ROASTED ASPARAGUS & TOMATO SALAD

Preparation Time: 20 – 25 minutes depending on the amount

Cooking Time: 40 – 50 minutes depending on the amount.

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Tomatoes, rosa	15 Medium	30 Medium	45 Medium	60 Medium
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Garlic, crushed	1 Clove	2 Cloves	3 Cloves	4 Cloves
Thyme	2 Sprigs	4 Sprigs	6 Sprigs	8 Sprigs
Basil, roughly chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
White wine vinegar	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Asparagus spears, trimmed	10 Spears	20 Spears	30 Spears	40 Spears
Arugula, finely chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Parmesan cheese, grated, to serve	½ Tbs.	1 Tbs.	1 ½ Tbs.	2 Tbs.
Black pepper, ground	To taste	To taste	To taste	To taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Method:

- Preheat the oven.
- Halve each tomato horizontally and put them, cut side up, on a baking sheet. Season with pepper, half of the crushed garlic and a sprig of thyme.
- Cook for at least 30 - 40 minutes. The tomatoes should be slightly dehydrated but still juicy when you remove them from the oven.
- Combine the basil, remaining garlic and half of the olive oil in a food processor. Place the basil mixture into a bowl and whisk in the vinegar. Season with freshly ground black pepper.
- Arrange the asparagus on a dish and drizzle with the remaining olive oil. Heat a griddle pan over a high heat and cook the asparagus for about 5 - 10 minutes, turning the spears every 1 – 2 minutes.
- Return the asparagus to the dish, cover with cling film and leave to steam slightly.
- Place the tomatoes on a serving plate. Top each the tomatoes with the asparagus spears and a drizzle of the basil dressing. Serve with freshly chopped arugula and sprinkle of parmesan cheese to garnish.

Tips to Reduce Preparation & Cooking Time:

- Buy already crushed garlic to decrease preparation time.
- Use dried herbs instead of fresh herbs.
- Buy already grated parmesan cheese in order to decrease preparation time.

Roasted Asparagus and Tomato Salad - Analysis per Serving	
Energy:	
Calories (kcal):	108
Protein (g):	2.7
Total Fat (g):	9.0
Saturated Fat (g):	1.5
Monounsaturated Fat (g):	6.1
Polyunsaturated Fat (g):	0.9
Omega-3's (g):	0.1
Cholesterol (mg):	2.0
Carbohydrates (g):	5.7
Of which is sugars (g):	0.0
Fiber (g):	1.6
Sodium (mg):	50.0