

Asian Asparagus Salad

By Rani Singam



**Servings: 1 as a main
or 2 as an appetiser**

Prep Time 20 mins

Cook Time 10 mins

200 gm (7 oz), Green Asparagus
50 gm (1.7 oz), Cherry Tomatoes
3 pcs, Fried Bean Curd (Taupok), *cut into 1.3 cm (0.5") wide strips*
50 gm (1.7 oz), Feta Cheese (*use a reduced fat version if you prefer a lower salt content*)

Dressing

2 tsp, Wholegrain Mustard
1 tbsp, Tabasco Sauce
3 tbsp, Extra Virgin Olive Oil
Salt, *to taste*
Pepper, *to taste*

/ *taste and thoughts*

An adaptable salad that would go well with Western or Asian cuisine, this is Rani's cheat dish for its ease of preparation that doesn't stint on colour appeal.

step by step

- 1 Cut each asparagus spear into three equal-length parts. Blanch in boiling water for 3 mins and submerge in a bowl of iced water. Once cooled, drain.
- 2 Slice cherry tomatoes into halves and mix them with the blanched asparagus. Refrigerate until ready to use.
- 3 Heat a frying pan over medium heat. Add the fried bean curd and cook until lightly toasted and crispy. Remove from heat and allow to cool. (There is no need to add any oil as the heat will bring out the oil in the fried bean curd).
- 4 Combine all ingredients for the dressing and whisk to incorporate well. Drizzle over the asparagus and tomatoes, making sure they are well-coated.
- 5 Crumble feta cheese into the salad and add the fried bean curd strips.
- 6 Serve chilled.