

Crab & Tangled Asparagus Salad



Serves 4

Prep 10 mins

Cooking 3 mins

Easy

Ingredients

4 asparagus spears, woody ends trimmed
1 lemon, zested & juiced
2 tbsp olive oil
small handful parsley, chopped
1 small gherkin, chopped
6 tbsp good-quality mayonnaise
200g white crabmeat
4 small slices sourdough
2 small handful salad leaves (about 50g)

1. Use a swivel blade peeler to shave the asparagus into ribbons. Put in a bowl and season with salt and pepper, then dress with the lemon juice and olive oil and set aside.
2. Mix the parsley, gherkin and lemon zest into the mayonnaise in a small bowl, then gently fold through the crabmeat. Toast or griddle the sourdough and top with the crab mixture. Toss the salad leaves in with the asparagus and top each crab toast with a tangle of the asparagus salad. Season with salt and serve
3. Serves 4 as a starter, 2 or 3 as a main