

# Mozzarella, Pea, Parma Ham & Asparagus Salad



**Serves 2**

**Prep 10 mins**

**Cooking 8 mins**

**Easy**

## **Ingredients**

150g frozen (or fresh) peas  
1 tbsp extra virgin olive oil  
250g asparagus  
200g mozzarella, torn  
100g Parma ham  
½ bunch mint, leaves picked

## **Dressing**

2 tbsp cider or white wine vinegar  
4 tbsp extra virgin olive oil  
1 tsp honey or sugar

1. Start by blitzing all the dressing ingredients together. Season then set aside.
2. Put the frozen peas in a bowl and cover with boiling water for 2 mins. Drain and refresh under cold water. If using fresh peas, these are lovely and sweet raw.
3. Next, heat a non-stick griddle pan to a high heat. On a plate, drizzle 1 tbsp oil over the asparagus and season, tossing to coat each stalk. Place them on to the griddle pan for 2 mins, moving around to cook all sides.
4. Arrange the asparagus, peas, mozzarella, Parma ham and remaining mint leaves on to plates and then spoon the dressing over the top to serve.