



TOTAL TIME 1 HR.
PREP 1 HR.
COOK 2 HRS.
YIELD 2 PEOPLE
LEVEL EASY

ARTICHOKE, ASPARAGUS AND BABY SPINACH SALAD WITH SHERRY VINAIGRETTE

SALAD INGREDIENTS

120g Baby Spinach, Washed
1 Bunch Asparagus Cleaned and
Blanched
1 small tin Artichokes Drained and cut
into Quarters
3 Pickled Quail's Eggs, cut in half
30g Slivered Almonds

VINAIGRETTE INGREDIENTS

20 ml Walnut oil
30 ml Extra Virgin Olive oil
20 ml Sherry Vinegar
5ml Honey
5ml Dijon Mustard
Seasoning to taste

METHOD

FOR THE DRESSING

Combine the vinegar, honey and vinegar by lightly whisking. Then pour the oils in one at a time, while whisking to incorporate into the dressing. Allow for it to rest for at least 10 – 15 min in the fridge.

TO PREPARE SALAD

Lightly toast the slivered almonds in a dry pan, while shaking the pan frequently to prevent burning. Once you have a nice golden colour, set this aside to use later.

Combine the Baby Spinach, Artichokes and Asparagus together in a large mixing bowl, and lightly mix.

Drizzle some of the Sherry Vinaigrette over the salad and toss well to coat.

Sprinkle the toasted almonds over the salad and arrange the quail eggs on top.

Serve immediately



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