



Asparagus and New Potato Salad

Method:

You'll need:

- 1 bunch asparagus, trimmed and cut into 2-inch pieces
 - 2 cloves garlic, minced
- 250g pasta (penne, fusilli, or spaghetti)
 - . 2 tbsp olive oil
- 50ml cream or a plant-based alternative
 - . Salt & pepper to taste
- Optional: grated cheese or nutritional yeast

1. Boil the new potatoes in salted water until tender, then drain and cut in halves.
2. Steam or boil the asparagus for 3-4 minutes until just tender, then chop into bite-sized pieces.
3. In a bowl, mix olive oil, lemon juice, mustard (if using), salt, and pepper to make a simple dressing.
4. Combine the potatoes and asparagus, then gently toss with the dressing.
5. Finish with fresh herbs and serve warm or chilled.