

# Shaved Asparagus and Mint Salad

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## **INGREDIENTS:**

- 1 bunch asparagus, tough ends removed

*Note: Choose a bunch with thick-ish stems*

- 1 handful toasted, crushed hazelnuts
- 1 tablespoon chopped mint
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons Sherry vinegar
- 1 teaspoon honey
- 3 tablespoons extra virgin olive oil
- Parmesan or pecorino cheese shavings

## **DIRECTIONS:**

- Using a vegetable peeler, shave the asparagus lengthwise to create strips.
- Toss with the hazelnuts and mint.
- Wisk together lemon juice, vinegar, honey, and olive oil.
- Pour a couple of tablespoons over asparagus and toss to mix. Add salt and pepper, additional dressing to taste.
- Shave cheese on top.

*Serves 4*