



## Asparagus Salad

1 serving  
30 minutes

### Ingredients

3/4 cup Asparagus  
1/4 Lemon (juiced and divided)  
1 Egg  
1 tbsp Extra Virgin Olive Oil  
1 cup Rocket  
1/8 Cucumber (diced)  
1/2 stalk Green Onion (diced)  
1/4 Avocado (peeled and diced)  
1 tbsp Goat Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	320
Fat	27g
Saturated	6g
Carbs	11g
Sugar	4g
Protein	11g
Cholesterol	189mg
Sodium	111mg

### Directions

- 1 Hard boil your eggs and set aside to cool.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Peel the hard boiled eggs and chop eggs into quarters.
- 4 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 5 In a large salad bowl, combine the rocket, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

### Notes

Vegan, Use chickpeas instead of eggs.