

 BLENDERS

ASPARAGUS & GREEN BEAN SALAD WITH SOY & GINGER MISO DRESSING AND XENIA PEARS

Crisp, vibrant, and full of fresh flavours, this Asparagus and Sugar Snap Pea Salad combines the zing of Blenders Soy & Ginger Dressing with tender vegetables, juicy Xenia pears, and a delightful crunch from toasted almonds and sesame seeds.



Ingredients

- 120g Asparagus, trimmed and cut into bite-sized pieces
- 100g green beans
- 2 Xenia Pears, cored and sliced
- 100g [Blenders Soy & Ginger Dressing](#)
- 10g White Miso Paste, dissolved in a little warm water
- 2 Spring Onions, thinly sliced
- 4 Radishes, thinly sliced
- 200g red and white cabbage, thinly sliced
- 40g Toasted Almonds
- 10g Toasted Sesame Seeds

Allergens

Contains Soybeans, Sesame, Gluten, Almonds,

Method

1. Dissolve the white miso paste in a little warm water and set aside.
2. In a large bowl, combine the chopped cabbage, sliced spring onions, and green beans.
3. Add the sliced Xenia pears and mix well.
4. In a separate bowl, combine [Blenders Soy & Ginger Dressing](#) with the dissolved miso paste. Pour the dressing over the salad and toss to coat.
5. Bring a small pot of salted water to a boil. Add the asparagus and cook for 4-5 minutes, then drain and rinse under cold water to cool. Add the asparagus to the salad bowl.
6. In a hot pan, toast the almonds and sesame seeds until golden.
7. Add the thinly sliced radishes to the salad and top with the toasted almonds and sesame seeds.

