

# Asparagus Warm Salad



## Ingredients (serves 2)

- 1 red pepper, sliced
- 4 tablespoons olive oil
- 10 asparagus spears, cut into pieces of about 1-inch length
- 200g cherry tomatoes
- 1 courgette, sliced
- Pinch of salt and black pepper
- Pinch of sugar
- Garlic to taste
- 1 tablespoon nutritional yeast
- 1 ciabatta, cut into small chunks/pieces
- 150g baby leaf salad
- 2 tablespoons balsamic vinegar

## Method

1. Preheat the oven to 180°C.
2. Place the red pepper slices in a baking tray, drizzle over 3 tablespoons olive oil, sprinkle with salt and bake in oven for 20mins.
3. Add the asparagus pieces to the baking tray along with the cherry tomatoes. Sprinkle over the sugar and bake for a further 10mins.
4. Heat the remaining tablespoon of olive oil in a pan, add the garlic and cook until softened.
5. Add the courgette and nutritional yeast to the pan and cook for a further 10 mins. Remove the courgette from the pan and set aside.
6. Add the ciabatta chunks to the pan to soak up the nutritional yeast, season with black pepper and place the pan under a grill for 5mins to brown the ciabatta.
7. In a large salad bowl, toss the salad leaves with the balsamic vinegar.
8. Add all the other ingredients and serve immediately.

