



Asparagus salad with honey and orange juice

Ingredients for salads:

500 grams of fresh thin asparagus

Ingredients for the sauce:

1 tablespoon of freshly squeezed lemon juice

1 tablespoon of oil

1 tablespoon of liquid honey

Salt, white pepper

For decoration: peeled orange slices, linseed



Preparation: asparagus stems ends are cut off, if necessary and washed. One can serve them also slightly boiled in salty water together with orange peel, to be cooked for 3-8 minutes depending on thickness so that the stems are slightly soft. Boiled asparagus are cooled off. All the ingredients for the sauce are mixed together. Meal is decorated with orange slices and peels. Ready made sauce is poured over and sprinkled with mashed linseed.