



Asparagus and crab salad

Ingredients:

20 stems of asparagus, cut off ends if necessary

50 grams of Rocket salad

100 grams of white crab meat

Olive oil



Ingredients for the sauce:

3 tablespoons of sour cream

1 tablespoon of wholegrain mustard

½ of lime juice

Preparation: asparagus are put in salty boiling water and boiled for 3-8 minutes until slightly soft. Water is poured off, washed under cold, running water and strained once again. Each stem is cut into 2-3 pieces. Sauce is cooked by mixing together all the ingredients. Asparagus are arranged on the plates in form of nests that are mixed together with the sauce prepared, placing the cut crab's meat in the middle which is sprinkled over with Rocket salad and poured over with olive oil before serving.