

## *Shaved Asparagus & Fennel Salad with Prawns*

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For 6 – plated

### **Ingredients**

42 medium sized peeled prawns – cooked or fresh  
12 stalks fresh asparagus  
1 small bulb of fennel  
3 oz of washed baby greens – use arugula, field greens, baby romaine etc.  
pumpkin seeds to scatter

Lemon Vinaigrette – recipe follows

### **Directions**

If using fresh prawns, simply drizzle them with the Lemon Vinaigrette & toss. Let them marinate while preparing the rest of the salad.

If using fresh, the prawns should be grilled, using the Lemon Vinaigrette as a basting sauce.

Shave the asparagus by holding the end of the stalk and shaving toward the head. Use a Y type peeler.

Cut the asparagus pieces in half, to shorten (makes it easier to eat)

Cut the fennel bulb into ½” slices lengthwise.

Using a mandolin, slice the fennel into strips.

Toss the shaved asparagus and fennel together in a bowl.

Drizzle with Lemon Vinaigrette and toss, using tongs or your fingers separating the shavings as you toss.

Line 6 plates with the baby greens

Arrange the asparagus and fennel on top of the baby greens.

Arrange the cooked prawns on top of the asparagus and fennel.

Drizzle a spoonful of Lemon Vinaigrette over the salad.

Scatter with pumpkin seeds and serve.

### **Lemon Vinaigrette**

#### **Ingredients**

1 lemon – zested & juiced  
¼ cup of white wine vinegar  
½ cup canola oil  
1 t Dijon mustard  
1 T honey  
1 packed tablespoon of parsley  
Salt & pepper to season

#### **Directions**

Into the bowl of a small processor (or in a beaker if using an immersion blender), add the strained juice of the lemon, zest of the lemon, white wine vinegar, canola oil, Dijon mustard, honey, parsley (no need to chop). Process until well combined and creamy.