

# Spring Salad

## with Prawns, Eggs and Asparagus

**hellóchef**

Welcome the warmer temperatures with a light, but filling salad.

Cals 558 • Prot 40 • Carbs 31 • Fat 33

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🕒 cook: 35 min

R3309



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Thin asparagus	250	375	500	Grams
Organic Eggs <b>5*</b>	2	3	4	Piece
Fresh dill	15	15	15	Grams
Cucumber	1	2	2	Piece
Red radish	125	125	250	Grams
Romaine lettuce	300	400	600	Grams
Prawns				
Prawns <b>7*</b>	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	1	1	2	Tsp
Sour cream <b>4*</b>	60	90	120	Grams
Mayonnaise <b>5*, 9*, 13*</b>	50	75	100	Grams
Dijon mustard <b>13*</b>	6	9	12	Grams
Garlic onion powder	4	4	8	Grams
Lemon	1	1	1	Piece
Vinaigrette				
Shallots	1	1	2	Piece
White balsamic vinegar <b>14*</b>	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

**\*5 Eggs, \*7 Crustaceans, \*4 Milk, \*9 Soya, \*13 Mustard, \*14 Sulphur Dioxide**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	2338 / 558
Fat (g)	32.8
of which saturates (g)	9
Carbohydrate (g)	31
of which sugars (g)	14.2
Fiber (g)	10.6
Protein (g)	40.2
Salt (g)	0.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil

Trim the **asparagus**. Cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Add the **asparagus** for the final 3 min. Drain, run under cold water and leave to cool.



2 Fry

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and cook with a pinch of **salt** for 2-3 min until pink and cooked through. Transfer the **prawns** to a bowl and set aside.



3 Dress prawns

Meanwhile, pick and finely chop the **dill**. In a bowl, combine the **sour cream, mayonnaise, Dijon, dill** and **garlic onion powder** with a pinch of **salt**. Loosen with a squeeze of **lemon** juice. Add the **prawns** and set aside.



4 Prep

Peel and chop the **shallots** very finely. Slice the **cucumbers** and **radish**. Roughly chop the **lettuce**.



5 Make vinaigrette

Once cool, chop the **asparagus** into bite-sized pieces. In a large salad bowl, combine the **white balsamic vinegar, olive oil** and **shallots** with a generous pinch of **salt** and **pepper**. Add the **lettuce, cucumber, drained asparagus** and **radish** and toss.



6 Serve

Peel the **eggs** and slice them in half. Divide the salad among plates, top with the dressed **prawns** and halved **eggs**. Garnish with the reserved **dill**.