



Warm Tomato and Apple Salad

SERVES 4

INGREDIENTS

- 1 punnet cherry tomatoes, halved
- 1 medium red chilli, finely diced
- 2 cloves garlic, crushed
- 2 medium red onions, sliced
- 12 asparagus spears, trimmed and halved
- 2 tablespoons white wine vinegar
- 2 tablespoons lemon juice
- ½ cup mint leaves
- 200g rocket
- 1 green apple, cut into thin wedges

METHOD

1. Heat wok on high heat and lightly spray with olive oil. Add tomatoes, chilli, garlic, onion and cook for 5 minutes until softened, stirring continuously.
2. Add asparagus, white wine vinegar, lemon and 1 teaspoon of mint, cook for 5 minutes.
3. Place rocket in a large bowl. Add tomato, asparagus mixture and toss. Serve sprinkled with fresh mint and apple wedges.

