

FINEST FETA AND JUICY TOMATO SALAD



1. Heat some olive oil in a medium frying pan then add the garlic and cook for 2 minutes.

Cut the tomatoes in half and put those cut side down on top of the cooking garlic.

Not too hot and keep them moving. Cook a couple of minutes. Add a little salt and pepper.

2. Cut the ends off the asparagus and fry in another pan on a medium heat with a little olive oil, salt and pepper.

3. To build your salad, arrange the washed lettuce on the plates then put the asparagus and tomatoes on top. Pour over the garlic oil from the pan as a dressing then tear the dried apricots and add with a sprinkle of toasted sunflower seeds and some sliced grapes. Now crumble the feta cheese over the top and serve.

PREP 10 mins - **COOK** 10 mins

INGREDIENTS: for 2 people

- Feta cheese
- 3 red juicy tomatoes
- 1 bunch of asparagus
- Lettuce of your choice
- Dried apricots
- 2 pieces of garlic
- 1 shallot
- Sunflower seeds
- Olive oil, salt and pepper

LOVE HEART FOOD

