

Buffalo Mozzarella with Asparagus, Baby Courgette, Broad Beans and Minted Garden Peas

BBC
RADIO



By Steven Devlin

Ingredients

3 large buffalo mozzarella (*½ ball per person*)
18 spears asparagus
6 baby courgettes
100g garden peas
150g broad beans
125g baby spinach leaves
1 clove garlic
150ml extra virgin olive oil
2 lemons – zest and juice
Fresh basil
Fresh mint
Parmesan cheese
Salt and pepper
Boiling water + bicarbonate of soda



Prep Time: 6-10 mins

Serves: 4-6

Method

1. Blanch the asparagus, peas and broad beans (not the baby courgettes) in boiling water for 2 minutes and refresh in iced water to retain colour.
2. Blanch the baby courgettes separately in boiling water with a teaspoon of bicarbonate of soda added and once again refresh in iced water to retain colour.
3. Slice the asparagus and baby courgettes into mouth-sized pieces.
4. Make the dressing by adding the juice of both lemons and the zest of one lemon, together with a crushed clove of garlic plus salt and pepper.
5. Add the vegetables to the dressing and allow to marinate .
6. Rip each of the mozzarella balls into 3 or 4 pieces and arrange on a platter with the baby spinach leaves.
7. Distribute the marinated green vegetables evenly over the salad then rip the basil and mint leaves and sprinkle them over the top.
8. Finish by shaving some parmesan cheese over the dish along with the zest of the remaining lemon and a spoon or two of the vegetable dressing/marinade.