

Roasted Asparagus and Avocado With Spinach and Orange Recipe



Ingredients

- 2 avocados, halved and stoned
- 150g asparagus
- 1 clove of garlic, crushed
- 1 orange, zest only
- 1 tbsp olive oil
- Good pinch of sea salt
- Freshly ground black pepper
- 40g almonds or hazelnuts
- 100g spinach, chopped
- 1 orange, segmented

For the dressing

- 25g tahini
- 1 orange, juice only
- ½ tsp sea salt
- Freshly ground black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Tip the avocados and asparagus into a roasting tin with the crushed garlic, orange zest, olive oil, salt and pepper, and mix well.
3. Scatter the almonds or hazelnuts into the tin, then transfer to the oven and roast for 15 minutes.
4. Mix the tahini with the orange juice, sea salt and black pepper, adding a little water if needed to make it the consistency of single cream. Taste and adjust the seasoning as needed, then set aside.
5. Once the avocados and asparagus have had 15 minutes, tip the quinoa, spinach and orange segments into the tin.
6. Mix everything well, then drizzle with the dressing and serve hot.

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