

## GREEN SALAD

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Gary Parsons, *H&B Executive Chef*

## HARVEY & BROCKLESS

*the fine food c<sup>o</sup>*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

# GREEN SALAD

*Chef Gary Parsons*

## *Ingredients*

SERVES 10 PORTIONS

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<b>HS545 Truffle &amp; Balsamic dressing</b>	<b>100ml</b>
<b>HB006 Farrington's Rapeseed Oil</b>	<b>30ml</b>
<b>IN019 Cornish Sea Salt</b>	<b>5g</b>
Asparagus spears, peeled, blanched & refreshed	20
Courgette Spaghetti	250g
Fresh Peas/ Pods, blanched & refreshed	350g
French Beans, top/tailed, blanched & refreshed	250g
Mange Tout, blanched & refreshed	150g
Curly Endive, picked & washed	1 head
Chervil, picked & washed	30g
Pea Shoots	20g

## *Method*

1. Once all the vegetables are prep and cooked, carefully mix the asparagus, peas, pods, french beans, mange tout together with the truffle & balsamic dressing. Arrange on the plate.
2. Dress the curly endive with the mellow yellow and the cornish sea salt, arrange over the vegetable mix, finish with the chervil & pea shoots.



## GREEN SALAD

*with asparagus, courgette, green beans, peas, mangetout, curly  
endive, chevril and a truffle balsamic dressing*

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### *Farrington's Rapeseed Oil*

High in Omega 3 and Vitamin E, this rapeseed oil is crafted with care and contentious farming methods. The Northamptonshire farm is a part of LEAF (Linking Environment and Farming) and they embody sustainable and thoughtful farming methods, having increased soil organic matter by 66% in the last 15 years.

### *Truffle & Balsamic Dressing*

A smooth, glossy and light dressing with a mellow hint of truffle.

### *Cornish Sea Salt*

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.