

SPRING SALAD WITH ASPARAGUS, BROAD BEANS
AND SESAME MISO DRESSING

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

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.

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Ingredients

SERVES 4 PORTIONS

HS532 Harvey & Brockless Kitchen Sesame Miso Dressing	50ml
IN019 Cornish Sea Salt	5g
Asparagus, trimmed, blanched and cut at an angle	350g
Green Beans, trimmed and blanched	200g
Broad Beans, blanched and shelled	300g
Baby Spinach, washed and dried	50g
Banana Shallot, peeled and cut into thin rings	20g
Red Chilli, finely sliced	1 medium
White Sesame Seeds, toasted	1 tbsp
Nigella Seeds	1 tsp

Method

1. Place all of prepared vegetables in a bowl, then add the remaining ingredients.
2. Pour in the Harvey & Brockless Kitchen Sesame Miso dressing, carefully mix together.
3. Season with cornish sea salt.



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WITH A SESAME MISO DRESSING

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Cornish Sea Salt Flakes

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.

Harvey and Brockless Kitchen Sesame Miso Dressing

It's the sesame paste that gives a silky smooth texture to this soulful dressing, which sings with exuberant Asian flavours, from white miso to lime, garlic and finally tamari.
