

Green asparagus, cherry tomatoes, Greek style yoghurt and seeds



Ingredients

- Pur Natur Greek style yoghurt
- 1 bundle green asparagus
- 120 g cherry vine tomatoes
- 3 tbsp olive oil
- 1 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 1 tbsp puffed quinoa
- Pepper and coarse sea salt

Instructions

Clean the asparagus, trimming the purple ends. Use a vegetable peeler to peel the last few centimetres. Blanch in boiling salted water for 3–4 minutes. Rinse immediately with cold running water and allow to drain.

Place the asparagus and cherry tomatoes on a plate and sprinkle with olive oil. Put the sunflower and sesame seeds in a small pan and toast in a tablespoon of olive oil until crispy. Place on a sheet of kitchen roll to drain.

Heat a grill pan and use it to grill the asparagus and cherry tomatoes. Season with coarsely ground sea salt and pepper.

Arrange the asparagus on four plates, top with a spoonful of Greek style yoghurt, then add the cherry tomatoes and finish with the toasted seeds.