Asparagus and chickpea salad

Ingredients

Fresh asparagus
1 small lettuce leaves separated, washed
Snow pea or sprouts
Can chickpeas, drained

Creamy walnut dressing

20g (1 1/2 tablespoons) walnuts
125mls (1/2 cup) fat-reduced plain yoghurt
2 tablespoons lemon juice
1 teaspoon finely grated lemon rind
1 tablespoon fresh thyme leaves

Method

Step 1

Steam asparagus for 2 minutes or until tender yet still crisp. Plunge asparagus immediately into cold water and drain them well.

Step 2

Arrange lettuce on serving plates or in a bowl and top with sprouts, chickpeas and asparagus.

Step 3

To make the dressing, place the walnuts, yoghurt, lemon juice and rind and thyme in a food processor or blender and process until well combined. Drizzle over salad to serve.