



DUCHY ORIGINALS



## Duchy Originals Home Farm Salad

This colourful salad showcases classic garden vegetables. It can be served cold or warm but we recommend serving it warm because the flavours meld better that way, so leave it out of the refrigerator for half an hour before serving.

Serves 4

### Ingredients

12-15 baby carrots, cleaned  
A small bunch of asparagus, trimmed  
10-12 runner or stringless beans, trimmed  
6 rashers of Duchy Originals streaky bacon, chopped  
Olive oil  
4 large flat mushrooms, sliced  
A teaspoon of chopped, fresh thyme  
½ a red onion sliced  
A small handful of roughly chopped flat leaf parsley  
Salt and freshly ground pepper  
Duchy Originals honey and mustard vinaigrette

### Method

Boil up a large pan of water. Blanch the carrots, asparagus and beans for 5 minutes, then lightly refresh them in cold water.

Fry the bacon in a little olive oil over moderate heat for about a minute, then add the mushrooms with the salt, pepper and thyme and cook through. Toss all the ingredients in a large bowl, remembering the red onion and parsley, and serve with Duchy Originals honey and mustard vinaigrette.

*Recipe taken from the Duchy Originals Cookbook written by Johnny Acton and Nick Sandler (Kyle Cathie £25) with photography by Jonathan Gregson*