



Asparagus salad with crispy chickpeas

By Curtis Stone

Curtis Stone combines crispy chickpeas with charred asparagus and a creamy dressing in this perfect springtime recipe. This is a dish reminiscent of spring fields spattered with daffodils. It's a textural delight and a feast for the eyes!

Fresh from the garden: garlic, lemon, chives, flat-leaf parsley, asparagus, rocket, avocado

CRISPY CHICKPEAS

- 1 x 420 g can chickpeas
- ½ cup extra-virgin olive oil
- ¼ tsp sumac

DRESSING AND SALAD

- 1 garlic clove
- 5 tsp lemon juice
- ½ tsp salt
- ⅓ tsp sugar
- 1 cup sunflower oil
- 2 tbsp finely chopped fresh chives
- 2 tbsp finely chopped fresh flat-leaf parsley
- 2 bunches asparagus, woody ends trimmed
- 2 tsp olive oil
- 2 cups (not packed) baby rocket
- 1 avocado, peeled, pitted, sliced

To make crispy chickpeas:

Reserve ¼ cup liquid from can of chickpeas (this is called aquafaba); discard or reserve remaining aquafaba for another use. Rinse, drain, and thoroughly pat dry chickpeas.

Heat oil in large frypan over medium-high heat. Add chickpeas and sauté, stirring frequently, until golden and crispy, 15 to 20 minutes.

Using a slotted spoon, transfer chickpeas to paper towels to drain briefly. Place in small bowl and toss with sumac and salt.

To make dressing:

In small food processor or blender, blend reserved ¼ cup aquafaba, garlic, lemon juice, salt and sugar. Blending on low, slowly add 1 cup sunflower oil in thin steady stream until smooth and creamy. Season with salt and pepper. Transfer to a bowl and mix in chives and parsley.

To cook asparagus and serve:

Preheat large frypan over high heat. Add asparagus and drizzle with 2 tsp olive oil. Season with salt and pepper. Cook asparagus, turning as needed, for 3 minutes, or until charred but still crisp-tender. Cut asparagus crosswise in half.

Toss rocket and asparagus with some dressing to coat lightly. Arrange on platter with avocado. Drizzle with more dressing. Sprinkle with crispy chickpeas and serve.

SERVES 4

