

Recipe of the week

April 23, 2018



Spring veggie and arugula salad

Ingredients

- 2 medium Persian cucumbers, split lengthwise and cut into 1/4-inch disks
- Kosher salt
- 1 small red onion, thinly sliced
- 4 ounces shucked fava beans
- 4 ounces shucked peas
- 8 ounces asparagus
- 6 ounces snap peas, sliced on a sharp bias into 1/2-inch slices
- 8 ounces broccolini cut into 1-inch pieces
- 1 tablespoon fresh juice and 2 teaspoons finely grated zest from 1 lemon
- 2 teaspoons Dijon mustard
- 3 tablespoons extra-virgin olive oil
- 4 packed cups arugula
- 3 ounces toasted sunflower seeds
- 6 ounces fresh mozzarella cheese, cut into 1/2-inch chunks
- 8 ounces labne or Greek yogurt

Directions

1. Season cucumber slices with kosher salt and set in a fine mesh strainer or colander over the sink or a bowl. Set aside.
2. Place red onions in a 1- to 2-quart container and cover with hot tap water. Set aside.
3. If using fava beans and English peas in their pods, shuck the beans and peas from their pods, keeping them separate. Bring a large pot of salted water to a boil and prepare an ice bath. Working with one vegetable at a time, blanch the favas, peas, asparagus, snap peas and broccolini in the boiling water for 1 minute each, transfer to the ice bath to cool, then transfer to a paper towel-lined tray and pat dry. Remove and discard the skins from each individual fava bean. Set vegetables aside.
4. In a large bowl, whisk together lemon juice and mustard. Whisking constantly, slowly drizzle in olive oil. Season to taste with salt and pepper. Drain, rinse and dry the cucumber and red onion. Add blanched vegetables, cucumber, onion, arugula, sunflower seeds and mozzarella to the dressing, and toss to combine, adjusting seasoning with salt and pepper.
5. To serve, spread a spoonful of labne on the bottom of individual plates, or cover the bottom of a large serving platter with the labne. Drizzle the labne with olive oil, then pile the salad on top. Serve immediately.

Recipe adapted from Serious Eats