



## SALAD WITH ITALIAN HAM

### INGREDIENTS:

#### *Salad:*

- 1 large handful rocket
- 4 slices Sokolów Italian ham
- 8-10 black olives
- 4-6 radishes
- 6 green asparagus
- 8-10 cherry tomatoes
- 1 tablespoon sunflower seeds
- 1 tablespoon grapeseed oil
- Himalayan salt

#### *Sauce:*

- 2 tablespoon thick yoghurt (e.g. Greek fat-free)
- 1 handful basil leaves
- 1 clove garlic
- Himalayan salt, freshly ground pepper

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### PREPARATION:

1. Finely chop the basil. Crush garlic using a press and mix with basil and yoghurt. Season with salt and pepper.
2. Remove hard asparagus ends. Heat up grill pan. Smear asparagus with half of the oil and sprinkle with salt. Grill for 4-5 minutes on each side until you get brown stripes. Let it cool, then cut into two or three pieces (depending on the length).
3. Roll Italian ham slices and cut into 3 equal pieces. Cut tomatoes into halves, slice olives and radishes. Fry sunflower seeds on a dry pan.
4. On a platter put alternately the rocket sprinkled with the remaining oil, radishes, asparagus, tomatoes, olives and Italian ham rolls. Pour sauce and sprinkle with sunflower seeds.