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Charred Leek, Asparagus and Zucchini Ribbons  
RECIPE

## Charred Leek, Asparagus and Zucchini Ribbons



<?xml version="1.0"?>

TIME

15 Mins

## INGREDIENTS

7 items

## MAKES

6 servings

A lovely, bright but warming green side dish which pairs well with MasterFoods™ Professional French Dressing, we're keeping this recipe simple yet delicious to allow scope to add some creative extras.

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## INGREDIENTS

- 6 baby leeks, bottoms trimmed
- 1 tbsp. olive oil
- 2 bunches of green asparagus, trimmed
- 2 medium zucchinis
- 50g smoked cheddar, shaved
- 1 lemon, cut in half
- 1-2 tbsp. MasterFoods™ Professional French Dressing, for drizzling

## PRODUCTS USED



MasterFoods Professional Gluten Free French Dressing 3L

[SEE DETAILS](#)

## Cooking Instructions:

1. 1

For the leeks, bring a medium saucepan of water to a boil and cook the leeks for 4 minutes. In the last minute, add the asparagus. Once done, plunge into an ice bath to stop the cooking process.

2. 2

Remove the leeks and asparagus and pat dry with paper towel. Set the asparagus aside and cut the leeks in half down the length, then lightly oil. Peel the zucchinis into ribbons with a vegetable peeler.

3. 3

Heat a griddle pan or BBQ on high. Place the leeks cut side down and char for a few minutes. Remove from heat and squeeze over the juice of one half of the lemon.

4. 4

Char the asparagus and drizzle over the juice of the remaining lemon half.

5. 5

To assemble, bundle the leek down first with the asparagus, and zucchini ribbons on top, drizzling over the French dressing to finish.

6. 6

Finally garnish with the smoked cheddar.

## Tips:

1. 1

For a little crunch add some pistachio dukkha or toasted pine nuts.

2. 2

For a main meal, add some pan fried halloumi with a drizzle of honey and extra dried herbs.

3. 3

Swap out the French dressing for MasterFoods™ Professional Italian Dressing for a more herb-driven flavour.

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### [\*\*Choc-Berry Bircher Muesli\*\*](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



### [\*\*Shredded Barbecue Chicken Pancakes\*\*](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



### [\*\*Gua Bao Buns\*\*](#)

Cooking time

10 min

Ingredients

11 items

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Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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