



Charred Asparagus & Arugula Salad

By Chef Veera Gaul, Ph.D.



Ingredients

4 large eggs
¾ teaspoon kosher salt
¾ teaspoon cracked pepper
¼ teaspoon O&V [Smoked Paprika](#) *
1 ½ tablespoons O&V [Roasted Garlic Oil](#) *
1 lb medium asparagus, trimmed
1 (5 oz) package of baby arugula
Handful of arugula microgreens for garnish
¼ cup O&V **Club Sandwich Sauce** *
3 tablespoons minced Italian parsley
2 tablespoon minced fresh dill
1 tablespoon minced fresh chives
Dash of hot sauce
Additional salt and pepper for the eggs to taste

Preparation

Preheat the broiler to High.

Bring a small saucepan filled 2-3 inches with water to a boil. Gently add the eggs, cover and lower the heat to a simmer. Simmer for 6-8 minutes (6 for runny yolks, 8 for just

fully cooked yolks). Drain the water, shake the eggs gently in the pan and run cold tap water over the eggs letting them sit in the cool water for 2-3 minutes. Peel, quarter and season with a little salt and pepper

Mix the roasted garlic oil, paprika, and $\frac{3}{4}$ teaspoon each of salt and pepper together. Trim the asparagus and place on a baking sheet in a single layer. Toss with the roasted garlic oil mixture and place in the oven for 3-5 minutes or until lightly charred. Remove from the oven and cut into 2-inch pieces.

In a separate bowl combine the club sandwich sauce with the minced herbs, and a dash of hot sauce. Adjust seasoning to taste (salt, pepper, hot sauce).

Toss the arugula with 1-2 tablespoons of the dressing, arrange on a platter. Top with the asparagus, eggs, microgreens and drizzle the remaining dressing over the whole salad.

Serve immediately as a side salad or with some toasted bread for a light lunch.

Serves 4

Total Time: 18 minutes

Notes

* The [Roasted Garlic oil](#) adds a nice subtle garlicky flavor to the asparagus and the [Smoked Paprika](#) makes them taste like they just came off the grill! You can use a high-quality unflavored, and high temperature cooking oil instead and add a little garlic powder to it. The **Club Sandwich sauce** is available at most [Oil & Vinegar](#) stores but you can also create your own dressing (though it will definitely taste different) with the hot sauce and herbs mixed into a $\frac{1}{4}$ cup of Greek yogurt, plus a little lemon juice to taste.

Categories: Entrée, Soups and Salads, Brunch, Gluten Free, Vegetarian, Easy Weeknight Meal, Quick Lunch, Asparagus, Roasted Garlic Oil, Smoked Paprika, Club Sandwich Sauce, Microgreens, How to Boil an Egg, Boiled Egg, Healthy, Mediterranean Diet, Dinner Salad, Perfect Spring Salad