This impressive salad from Annabel Langbein makes a few scallops go a long way, but you can replace them with prawns or even crispy bacon. If asparagus is not in season, simply double the amount of snow peas. This is the perfect dish when you want to be organised – and you really are thinking about more things than just what is coming out of the kitchen! The citrus chilli dressing will keep for up to a week in the fridge.

INGREDIENTS
12 spears of fresh asparagus
1 good handful of snow peas, trimmed
1 handful of rocket leaves
1 avocado, ripe and cut into chunks
12 fresh scallops
Finely grated zest of ½ lemon or lime
Salt & Ground Black pepper to taste
A pinch of sugar
2 tbsp extra virgin olive oil

PREPARATION – Citrus Chilli Dressing
Place ¼ cup of orange, lime and lemon juice in a large jar with 1 tsp rice vinegar, 1 tbsp olive oil, 1 tbsp sugar, ground black pepper and 1 small red chilli (seeds removed and very finely diced) Put the lid on the jar and shake to blend. Chill until ready to serve. Makes about ½ cup

Bring a large pot of water to the boil. Lightly salt the water then drop in the trimmed asparagus and return to the boil for 3 minutes. Add the snow peas to the pot for the final 20 seconds of the cooking time. Do not overcook.

Drain immediately and cover the vegetables with cold water (this will help to retain their vivid green colour and crunchiness). Drain the vegetables thoroughly. Arrange the rocket leaves on a serving platter and place the asparagus and snow peas on top. Top with the avocado chunks.

Mix the scallops with zest and season with salt, pepper and sugar. (The sugar will help the scallops to caramelise without over cooking) Heat the olive oil in a heavy based frypan until it is very hot and cook the scallops for about 30 – 50 seconds on each side – browned but not soft.

Pile the scallops on top of the salad, drizzle with the Citrus Chilli Dressing and toss.