

Spring Green Salad

A springtime spa lunch wouldn't be complete without a gorgeous green salad loaded with all the young, tender vegetables of the season—think pea shoots, radishes, English peas, and asparagus. English peas are at their best early in the season, when they are tiny and sweet, but if you can't find them, substitute briefly blanched frozen petite peas.

MAKES 6 SERVINGS

2 cups fresh shelled English peas
(about 2 lb unshelled)

2 lb thin asparagus spears,
tough ends removed, chopped
into 2-inch pieces

2 cups trimmed pea shoots

1 cup thinly sliced radishes

¼ cup chopped fresh basil leaves

½ cup Lemon Vinaigrette
(page 213)

Kosher salt and freshly
ground pepper

Bring a saucepan three-fourths full of salted water to a boil. Have ready a large bowl of ice water. Add the peas to the boiling water and blanch for 1 minute. Using a sieve, scoop out the peas and transfer them to the ice water until chilled. Then scoop the peas out of the ice water with the sieve and transfer to a large serving bowl.

Refresh the ice if necessary. Using the same boiling water, cook the asparagus until crisp-tender, about 1 minute. Drain the asparagus and transfer to the ice water. Drain again and transfer to the serving bowl with the peas.

Add the pea shoots, radishes, and basil and toss to mix. Drizzle with half of the vinaigrette and season with salt and pepper; then toss to coat evenly. Transfer to a platter or divide among individual plates and serve with the remaining vinaigrette alongside.

