

Asparagus with Pannagratto



*Try using
flavoured
rapeseed oil in
the recipe...
either garlic,
basil or chilli*

Quite often our food goes off because we don't store it correctly.

British asparagus is only in season for around six short weeks in May and June. It's a real shame when you come to use it and find it past its best. To give asparagus the longest life possible once cut, stand it in an inch of water in a jam jar and keep it in the fridge.

Asparagus with Pannagratto

- 10 asparagus spears
- 1 hard-boiled egg, chopped

For the Pannagratto

- 2-3 tbsp breadcrumbs
- 10g butter
- 2 tsp oil
- 1 tbsp chopped parsley
- 2 tsp grated lemon zest
- 2 tsp grated parmesan cheese



To serve - Mayonnaise or Hollandaise sauce

1. Fry the breadcrumbs in the oil and butter.
2. Once crisp and browned, stir in the chopped parsley, lemon zest and parmesan. Set aside.
3. Steam or boil the asparagus for 5-8 minutes.
4. Divide the asparagus onto 2 serving plates. Sprinkle over the Pannagratto and top with chopped hard-boiled egg. Serve with a spoonful of mayonnaise or a hollandaise sauce.

Serves 2

