

HEAPS OF ASPARAGUS INSPIRATION!



Asparagus, mozzarella & prosciutto parcels



Deep filled asparagus & mascarpone tartlets



Warm roasted asparagus salad



Asparagus, broad bean & pasta salad



Asparagus & parmesan pasties



Roasted vine tomatoes with asparagus & black olives



Asparagus, lemon & ricotta tart



BBQ'd lamb fillet with asparagus & sugar snap peas



Seared chicken with asparagus & mango salsa



Asparagus soldiers with soft boiled egg



Reblochon, broad bean & asparagus toast



Sautéed asparagus, Manchego cheese & toasted almonds



Asparagus cream pasta



Warm artichoke & asparagus summer salad



Pan baked salmon with asparagus & roasted vegetables



Asparagus with tuna, white bean & red onion salad



= SUITABLE FOR VEGETARIANS



= REEEALLY SEASONALLY INSPIRED!

Sadly, this increasingly popular vegetable has a short English season, so to help you make the most of it, we've come up with a few serving suggestions. Asparagus is

hugely versatile, nutritional (it contains more than 13 things that are good for you!) and low in calories, which can only be a good thing after the obligatory Easter splurge!