

# ASPARAGUS AND EGGS

(SERVES 1)

## EQUIPMENT

PARING KNIFE, PEELER, RICER, SMALL MIXING BOWL, MICRO-PLANE

## INGREDIENTS

6-8 SPEARS OF ASPARAGUS, 1 EGG, OLIVE OIL, SALT AND PEPPER, CURRY POWDER  
4-6 SPRIGS OF SOFT HERBS (BASIL, CORIANDER OR PARSLEY), SMALL PIECE OF PARMESAN CHEESE

## METHOD

PREPARE ASPARAGUS AND SET ASIDE, SET OVEN TO STEAM MODE 80 DEGREES  
12 MINS, USE A PIECE OF FOIL TO MAKE A SHALLOW CUP FOR YOUR EGG AND PLACE ON A PERFORATED STEAM TRAY

PLACE EGG IN OVEN AND STEAM FOR 6 MINS, OPEN OVEN AND PLACE ASPARAGUS ON THE SAME TRAY AND STEAM FOR A FURTHER 6 MINS

REMOVE FROM THE OVEN AND DROP THE EGG INTO A BOWL OF COLD WATER, ARRANGE ASPARAGUS ON A SERVING PLATE AND SEASON WITH  
SALT

PEEL THE EGG, CUT IN HALF AND PUT IN RICER AND CRUSH OVER THE ASPARAGUS

DRESS THE DISH WITH OLIVE OIL, GRATE OVER SOME PARMESAN AND SEASON WITH SALT AND CURRY POWDER

GARNISH WITH SOME FRESH HERB SPRIGS

## HINTS & TIPS

- PUTTING A HARD STEAMED EGG INTO COLD WATER BRIEFLY WILL HELP YOU SEPARATE THE SHELL FROM THE FLESH BUT IT WILL STILL REMAIN WARM
- WARM SALADS LIKE THIS ARE A GREAT OPTION FOR LIGHT LUNCHES OR BRUNCH
- WHEN BUYING ASPARAGUS LOOK AT THE TIPS, MAKE SURE THEY HAVE NO MOISTURE, ARE DRY AND LIGHT GREEN IN COLOUR
- TRY THIS DISH WITH WHITE ASPARAGUS AND A LITTLE TRUFFLE OIL