

Recipe for 2

British asparagus with a simple garlic, chilli, lemon and parsley dressing

Ingredients

Bundle of British asparagus
Olive oil
4 cloves of garlic, crushed
1 fresh red chilli, chopped
Zest and juice of 1 lemon
Bunch of fresh parsley
Sea salt and freshly ground black pepper
Parmesan cheese to serve

Method

1. Put the British asparagus in a pan of boiling water for 2–3 minutes.
2. Meanwhile, chuck some olive oil into a pan, throw in the garlic and chilli and fry for one minute.
3. Remove the frying pan from the heat and add a good glug of olive oil, the lemon juice and zest, and the parsley.
4. Drain the asparagus and toss it into the pan with the dressing, mixing it roughly with your hands.
5. Put the dressed asparagus onto a serving plate and top with shaving of Parmesan and sprinkling of salt and pepper.

British asparagus with Balsamic and Parmesan

Ingredients

Bundle of British asparagus
Dash of Balsamic vinegar
Shavings of Parmesan

Method

1. Put the British asparagus in a pan of boiling water for 2–3 minutes.
2. Drain and put it on a plate, drizzle with Balsamic, cover with Parmesan shavings and serve.