

ROAST ASPARAGUS



Starter for 4 people

½ lb asparagus

3-4 tbl olive oil

Squeeze of lemon or lime juice

Freshly ground pepper (and optional a little coarse sea salt)

Preheat oven 200C/400F/Gas mark 6

Oil dish and sprinkle with coarse sea salt

Arrange asparagus and drizzle with olive oil

Roast asparagus 10-18 minutes (depending on thickness of spears), turning once

Squeeze lemon or lime juice over the asparagus and grind pepper to taste.

This also works particularly well using a griddle

Light Lunch

The above recipe works well with freshly grated parmesan added at the end and served with new potatoes and salad.