

asparagus in parma ham gratin

on a bed of rocket





Aldo says...

Per serving; Energy: 259 kcal, Protein: 10 g

Fat: 23 g, Carbohydrate: 3 g

When in season, asparagus is great with salty Parma ham and cheese – a fantastic combo for any time of day.

Serves: 4

Preparation time: 20 minutes

Cooking time: 10 minutes

16 large asparagus spears

8 slices Parma ham

25 g (1 oz) butter, softened

25 g (1 oz) Parmesan cheese, grated

freshly ground black pepper

2 tablespoons of olive oil

4 tablespoons balsamic vinegar

75 g (3 oz) bag of rocket

Wrap two asparagus spears in each slice of Parma ham and place on a foil-lined grill tray.

Mix the butter and Parmesan cheese and season with black pepper.

Dot the Parmesan mixture all over the wrapped asparagus then grill under a hot grill for 4 minutes, until the cheese is bubbling.

Mix the olive oil and balsamic vinegar, and use half to dress the rocket. Arrange the salad in the centre of four serving plates then top each with two bundles of asparagus. Drizzle the remaining dressing around the salad.

Prepare the asparagus by peeling the stalks and removing the hard lower part, about 2.5 cm (1 in).

Bring a large shallow pan of water to a steady simmer. Add the asparagus and simmer for 4 minutes until bright green and just tender. Drain and set aside to cool slightly.

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