

Asparagus

Available

From September through to December.

Buy

Firm green stems with green and purple tips.

Store

In the fridge with the stems wrapped in wet paper towels.



Prepare



Wash.



Snap or slice off tough ends.



Whole stems.



Slice into pieces.

Cook

Can be:



Blanched



Used in salads



Roasted / barbecued



Stir-fried



Asparagus slice

(serves 4)

Ingredients

6 eggs
2/3 cup plain yoghurt
(or milk)
1/4 cup grated cheese
2 spring onions, sliced
1/2 cup chopped fresh herbs
2 bunches asparagus
spears (or 2 cups peas
or 400g green beans)
2 slices wholemeal bread,
shredded

Method



1 Preheat the oven to 180°C. Oil a baking dish. Mix the eggs, yoghurt, cheese, spring onion and herbs in a large bowl.



2 Remove the tough ends from the asparagus. Slice 3/4 of the asparagus into small pieces and mix with the shredded bread.



3 Place the asparagus and bread mixture in the baking dish. Lay the remaining asparagus spears over the top.



4 Pour over the egg mixture. Let it stand for 10 minutes to soak into the bread. Bake for 30 minutes or until the egg has set.

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