

# 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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