Asparagus Recipes

Nutritious and delicious…make the most of the eight week asparagus season

with these easy recipes:

Steam the asparagus and top with a dressing of extra-virgin olive oil, grated parmesan, lemon zest, and season to taste.

Toss with a little extra-virgin olive oil, sea salt and black pepper. Cook in a pan over medium heat until browned and tender. Grate over some lemon zest and parmesan cheese.

Cut asparagus into 1cm pieces, steam or sauté and toss with a light dressing of dijon mustard, extra-virgin olive oil, red or white wine vinegar, sea salt and freshly ground black pepper.

Make a tasty stir-fry with garlic, spring onions, radishes and asparagus spears and add sliced chicken breast.

Serve up a delicious antipasto of asparagus pieces sautéed with extra-virgin olive oil, sun-dried tomatoes, pine nuts, lemon juice and salt.