



Asparagus

WITH ROMESCO GARNISH

INGREDIENTS

- 10 small rosa tomatoes, halved
- 1 clove garlic, finely chopped
- 1tbsp olive oil
- 40g raw unsalted almonds, toasted and chopped
- 1 red pepper, roasted and skin removed
- 2tbsp toasted wholewheat bread crumbs
- 1tbsp Italian parsley, chopped
- ½ lemon, zested and finely chopped
- 1tsp red wine vinegar
- 300g asparagus
- 10ml olive oil

METHOD

Combine the tomatoes, olive oil and garlic and allow to marinate for 10 minutes.

Roast the tomatoes for about 20 minutes in a hot oven until they are soft, but still hold their shape.

Combine the breadcrumbs with the roasting juices from the tomatoes and peppers and add the parsley and chopped lemon zest, as well as the red wine vinegar.

Trim the stalky ends of the asparagus. If they are quite thick, steam them briefly before grilling. Otherwise, dress the asparagus with the 10ml olive oil immediately.

Warm a griddle pan and grill the asparagus just before serving.

The asparagus should have some charring marks, but still be firm (*al dente*).

Plate the asparagus with tops to one end of the platter.

Place the peppers over the asparagus stems, top with the breadcrumb mixture and the almonds, and garnish with the tomatoes.