



Recipe of the Week

ASPARAGUS ROLLS

The Constant Gardener makes these for my lunch as a treat sometimes – still one of my favourites. And we're right in the middle of the asparagus season.

Ingredients

Fresh sandwich-thickness white or brown bread with crusts taken off

Fresh asparagus

Mayonnaise

Olive oil

Salt and pepper

Lemon juice

Method

1. Roast the asparagus with a little olive oil, lemon juice, salt & pepper for approx 20 – 25 minutes at 160 degrees, depending on thickness of asparagus
2. Butter the fresh thin bread
3. Spread the buttered bread lightly with mayonnaise, dash of salt and pepper
4. Place 2 - 3 spears on the diagonal across one corner of the bread and roll up on the diagonal with the ends of the spears just poking out of the bread.