



Lemon & olive oil roasted asparagus with shaved parmesan



Serves 2

Recipe by Kirsten Bacon



25 minutes

INGREDIENTS

- 1 bunch fresh asparagus (green or white)
- 1–2 tbsp (30 ml) good Tassie extra virgin olive oil
- Zest of ½ lemon and a little lemon juice
- Salt & freshly ground black pepper
- 2 tbsp (30 g) shaved parmesan
- Optionally, a handful of toasted almond flakes or walnuts, to serve

NOTES

If using white asparagus, you could serve it simply with melted butter & a sprinkle of chives (in the European style) to highlight the delicate flavour.

DIRECTIONS

1. Preheat oven to 200°C (fan-forced) or 210°C (conventional). If you prefer, a frypan can be used.
2. Trim the woody ends of the asparagus by either snapping or cutting them. If using white asparagus, it's important you peel the bottom ⅔ of each spear.
3. Toss the asparagus spears in olive oil, season with salt & pepper and spread out in a single layer on a baking tray.
4. Roast for 8–12 minutes (white spears might need a bit more time) until they are tender with a little bite, and lightly browned in spots. Alternatively, you can quickly panfry, but be careful not to overcook!
5. Once cooked, immediately toss with lemon zest and a little squeeze of lemon juice.
6. Transfer to platter, shave over parmesan and sprinkle the nuts if using.



Breakfast

with Kim Napier

on 91.7 and the ABC listen app

