

ASPARAGUS TWISTS



 British Asparagus

This recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh produce she picks with her children.

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This gorgeous asparagus twist idea is from a foodie friend Emma. It is a very easy starter or nibble and can be prepared ahead. It is also a great way to introduce kids to asparagus. Our son never liked asparagus before he tried these and now he would eat a plateful!

WHAT YOU NEED

24 Asparagus Spears

12 Slices Prosciutto or Parma Ham

WHAT TO DO

1. Preheat the oven to 200°C.
2. Tear or cut the prosciutto in half lengthways
3. Wrap a piece of prosciutto around the bottom half of each asparagus spear
4. Place on a baking tray and cook in a hot oven for around 10 minutes until the prosciutto is crisp
5. Serve and enjoy!



When in season use freshly picked asparagus from The Fruit Fields Pick Your Own for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511