

ASPARAGUS AND SALMON LASAGNE



This asparagus recipe comes courtesy of British Asparagus from the Asparagus Growers' Association. Visit their web site for lots more information on asparagus and cooking ideas—www.british-asparagus.co.uk

ASPARAGUS AND SALMON LASAGNE

Serves 4



WHAT YOU NEED

175g asparagus
850ml milk
Good handful of chopped fresh chives,
dill and parsley
50g Parmesan
Black pepper

50g butter
50g plain flour
700g skinless salmon fillet (cut into
large chunks)
225g dried lasagne

WHAT TO DO

1. Clean the asparagus and trim any white ends, or peel with a vegetable peeler.
2. Preheat the oven to 190°C, 375F or Gas mark 5.
3. Heat the butter in a large pan, then cook the flour for 1 minute; remove from the heat. Gradually whisk in the milk and cook, stirring until thickened and smooth and then season with black pepper.
4. Remove from the heat and stir in the dill, chives, lemon juice and zest and half the Parmesan. Check the seasoning.
5. Spoon and spread a little of the sauce over the base of a 2-litre ovenproof dish and arrange a layer of lasagne sheets, overlapping, on top. Scatter over a third of the salmon and asparagus, followed by some of the white sauce. Continue to layer up, finishing with pasta topped with sauce. Sprinkle over the remaining chives and Parmesan.
6. Bake for 40-45 minutes until cooked through and golden on top.

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