

**“SOMETIMES IT’S OK TO
PLAY WITH YOUR FOOD”
ASPARAGUS & EGGS**

Serves 2

INGREDIENTS

4 whole free-range eggs
1 tbsp finely chopped chives
100g white asparagus (from a bottle or can)
100g green asparagus tips
Juice of 1/2 lemon
80g cherry tomatoes

HOW TO

Start off by adding your eggs to a pot of simmering water and boil for 10 minutes. Immediately remove the now cooked eggs from the water and run cold water over them for a few minutes (this will make it easier for you to peel). Separate the egg whites from the yolks and keep two of the yolks for later use (or give them to your 4 legged fur children - they are packed with nutrients). Using a microplane (or the very fine side of your grater) and gently grate the egg white.

In a small frying pan, bring about 1 cup of water with 1 teaspoon of salt and the juice of half a lemon to a boil, then add your green asparagus tips. Take them out after just short of a minute if you like them with a little bit of crunch, or leave them in for two minutes for tender asparagus.

You can either plate them in a decorative manner like in my pic, or you simply place them onto a plate and top with the grated egg white (two per person). Season the egg white with salt, freshly cracked black pepper and some finely chopped chives. You can either grate the yolk (one per person) as well or simply place it whole on top of the egg whites. Garnish with cherry tomatoes sliced in half, and a few edible flower petals, if you like.

PER PERSON:

100g protein
140g vegetables

