

1. Rinse a bunch of asparagus.
2. If stalks are woody, bend the asparagus stalk and it will break at woody part.
3. Lay spears in a microwave safe dish, add 3-4 tbsp of water.
4. Cover and cook for 3-5 minutes, until just cooked.
5. Serve with a small knob of butter, a squeeze of lemon juice, some black pepper and some parmesan shavings.
Heaven !

1 bunch asparagus
Butter
Lemon juice
Parmesan cheese shavings

Try serving the spears with a soft boiled egg,
Perfect for dipping.

Starter***'What's Cooking!' Recipe Card*****British Asparagus heaven in minutes!****Food Fact:-**

The British asparagus season is very short, basically it only lasts for about 6 weeks from the beginning of May – so be quick at trying this king of British seasonal foods.

Asparagus is rich in folic acid, soluble fibre and vitamins C & A.

Preparation time 6mins

Cooking time 16mins

Serves 4-6