



BAKED ASPARAGUS TIPS WRAPPED IN PARMA HAM

Serves
6

Prep
10-15 mins

Cook
10 mins

Ingredients

18 asparagus tips
6 slices Parma ham
Olive oil
Salt and pepper to taste

Method

Preheat oven to 200°C

Rinse the asparagus and trim the bottom ends. Boil the asparagus for 3 minutes in salted water, drain and put straight into iced water until completely cool. Remove from water and dry

Take 3 asparagus spears and wrap with a slice of Parma ham. Repeat this with all asparagus and Parma ham

Brush a baking tray with olive oil and arrange the wrapped asparagus spears

Season and bake for 10 minutes

Top tip

Bake for slightly longer if asparagus stalks are thicker

Serve with grated Parmesan and a balsamic vinegar reduction