



EXPERIENCE THE HEALTH BENEFITS DRIVEN BY
the difference for tomorrow!

Asparagus flamande with leg ham

Ingredients for 2 persons

Time: 30 minutes

Ingredients:

- 1.25 L water
- 75 gr butter
- 0.5 foil
- Salt
- 14 asparagus
- 4 eggs
- 0.5 bunch of parsley
- 2 slices of ham on the bone of 100 gr each



Preparation

- Bring in a pan with the water, a knob of butter, mace and a pinch of salt to the boil. Peel the asparagus, cut about 3 cm from the bottom and cook the asparagus in the water for about 3 minutes.
- Turn off the heat and let the asparagus rest in the liquid. Place the eggs in a pan of cold water and boil them hard for eight minutes. Shock the eggs in cold water but do not let them cool. Peel the eggs and mash them fine.
- Pick and chop the parsley with the mashed eggs. Heat the ham slices in the warm asparagus liquid for about 10 minutes. Melt the rest of the butter in a small pan and, when the butter has melted, pour the butter from the white layer at the bottom of the pan. You will then be left with clarified golden butter.
- Remove the asparagus from the liquid, drain on kitchen paper and divide immediately among the plates. Divide the egg over the ends of the asparagus. Place the ham in the center of the asparagus and spoon the clarified butter over the asparagus heads.

Enjoy your food!