



EXPERIENCE THE HEALTH BENEFITS DRIVEN BY
the difference for tomorrow!

Green asparagus with Parma ham from the oven

Ingredients for 4 persons

Time: 15 minutes and 15 minutes oven time

- 500 g fresh green asparagus
- 75 g Parma ham
- 125 g Mozzarella
- 350 g pasta sauce with mascarpone

Materials

- Oven dish



Preparation

- Preheat the oven to 200°C.
- Cut 2 cm from the bottom of the asparagus and boil them in salted water for 4 minutes.
- Drain.
- Divide the asparagus into portions and wrap each portion in a slice of ham.
- Cut the mozzarella into slices. Pour the pasta sauce into the oven dish and place the asparagus bundles in the sauce. Spread the mozzarella over it.
- Place the dish in the oven for about 15 minutes.

Enjoy your food!