



## Asparagus Milanese style

## RECIPE

### INGREDIENTS

(serves 1)

- 6 -10 stalks of asparagus
- 1 egg
- Parmesan cheese
- Olive oil & butter
- ½ lemon per portion
- Salt & pepper to taste

### INSTRUCTIONS

- Grate a generous amount of parmesan cheese and put aside
- Squeeze ½ lemon per portion and put aside, if you want to clean the rind and gently peel off thin slivers
- Steam or pan fry with olive oil asparagus stalks according to your preference, sprinkle with some lemon juice
- In a separate pan fry egg to your liking, a bit runny is best
- Place asparagus on a plate, cover with the egg, sprinkle with olive oil and copious parmesan, and top off with some lemon juice and rind slivers if you have done this

### SERVING/NOTES

- 6-10 stalks with 1-2 eggs per person, depending upon how hungry you are
- Perfect spring time meal, served with a glass of Riesling or sauvignon blanc (never chardonnay, it is the enemy of asparagus) or a rich clean pinot noir (no cabernet, another enemy of the asparagus).

### Nutrition tip

This meal honors the perfect egg and the coming of spring and includes all the components of a balanced plate in the perfect proportions; protein, complex carbs, and vegetables. A perfect way to welcome spring