



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

ASPARAGUS & EGGS

Time: 20 minutes

Serves: 4

Ingredients:

2 pounds asparagus – thick ends trimmed
2 tablespoons extra-virgin olive oil
½ teaspoon fleur de sel or other flaked salt
1 pinch fresh ground black pepper
2 eggs – hard boiled and coarsely grated
1 tablespoon capers - drained

Preparation:

Preheat your broiler on high.

Toss the asparagus in the oil to coat.

Place the asparagus on a broiler rack and broil, turning occasionally until lightly browned.

Plate the asparagus sprinkling evenly with salt and pepper. Top with the egg and capers.

Nutritional Information Per Serving:

Calories: 149
Fat: 10g
Carbs: 10g
Fibre: 5g
Protein: 9g