



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

ASPARAGUS & MORELS

Time: 30 minutes

Serves: 4 as a starter

Ingredients:

4 strips thick-sliced bacon - cut into matchsticks
1 large shallot - small dice
100g fresh morel mushrooms - rinsed & quartered lengthwise
300g asparagus - cut into 3cm pieces
100ml white wine
Few grinds fresh-ground black pepper

Preparation:

Place a large frying pan on medium heat.

Add the bacon to the pan. Cook the bacon, stirring occasionally until it is just browned. Remove with a slotted spoon and set aside, leaving the fat in the pan.

Add the shallot and mushrooms. Cook, stirring occasionally for three minutes.

Stir in the asparagus. Cook stirring occasionally for four minutes.

Add the white wine and pepper. Cook for two minutes.

Stir in the bacon, cooking for two more minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 194
Fat: 15g
Carbs: 6g
Fibre: 2g
Protein: 5g