



## Roasted Asparagus with shaved Parmesan and soft-boiled eggs

400g Asparagus spears  
3 tbsp Olive oil  
Parmigiano Reggiano  
4 Free Range eggs  
Flakey Sea salt  
Fresh Ground Pepper

Pre heat your oven to 200 degrees

To soft boil your eggs place them in a pot of boiling water for 3-4 minutes, Place into cool water and then peel and set aside.

Snap the base of the asparagus by exerting gentle pressure on the bottom of each spear until it breaks, this will be where it is tender.

Drizzle the spears with the 2/3rds of the olive oil and rub them so they are all coated top to bottom.

Lay these out in a roasting tray so that they are in a single layer. Place these in the oven for 7 minutes.

Place 5-6 spears on each plate, Shave 6 or so pieces of Parmesan across the asparagus, Cut the boiled egg in half on top of the asparagus season with the salt and pepper and drizzle with the remaining olive oil.

Enjoy.