

Shopping List

For the asparagus:

4 green and purple asparagus spears (2 of each)

25g butter

25g water

Olive oil

Pinch of Maldon salt

Pepper

Parmesan aioli:

1 garlic cloves micro planned or grated

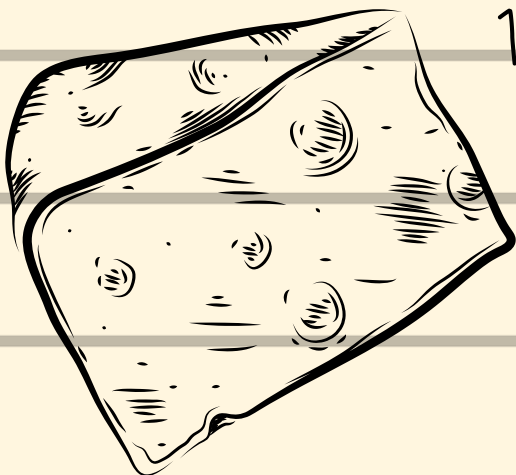
$\frac{1}{4}$ tsp sea salt

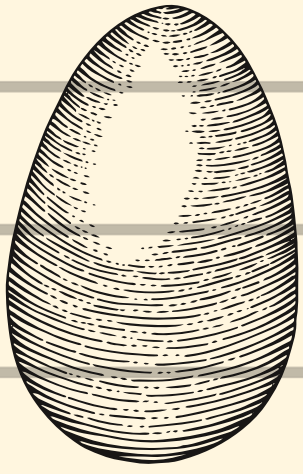
100g mayonnaise

2tbl olive oil

1tbl lemon juice

85g Parmesan





Crispy hen eggs:

2 free range hen eggs

50g plain flour

20ml milk

100g panko breadcrumbs

Nettle pesto:

140g blanched and squeezed spring
nettles

200g olive oil

100g Parmesan

50g toasted pine nuts

½ garlic clove

5g salt

1g pepper

