

Asparagus with Orange Dressing



Spring means plenty of asparagus. Asparagus is a favourite vegetable at this time of year, It tastes fantastic and looks amazing. This recipe is elegance on a plate.



Ingredients serves 4

- 1 lb (450 g) fresh asparagus
- Grate the peel of 1/2 orange
- 3 tablespoons of freshly squeezed orange juice
- 1 tablespoon of fresh lemon juice
- Salt and freshly ground black pepper
- 1/4 teaspoon of mustard powder
- 3 tablespoons of virgin olive oil
- 1 Pinch of caster sugar
- 1 spring onion finely chopped
- 1 small bunch parsley finely chopped
- 1 orange for garnish

Method

Preparation time : 20 minutes,
Cooking time : 11 minutes,

Wash the asparagus and remove the base of any tough stems.

Boil the spears gently for 8 minutes or until just tender. Drain and rinse under cold water, then pat dry.

Bring 1/4 pint (150 ml) of water to the boil. Add the grated orange peel and boil for 2 to 3 minutes. Remove the peel from the pan and stir in the lemon and orange juice, salt, pepper, mustard powder, oil and sugar until blended. Chop the spring onion and 1 tablespoon of parsley. Mix together.

Peel the orange, removing all the pith, and slice into individual segments.

Place the asparagus on individual plates and pour the dressing over. Garnish with sprigs of parsley, orange segments and grated orange peel.