

ROAST ASPARAGUS

1kg/2.5lbs raw asparagus
1 clove garlic very finely chopped
¼ cup olive oil
freshly ground salt and pepper

lemon juice to squeeze over if desired

METHOD

1. To prepare the asparagus, break off the cut end of each asparagus. There is a point where the asparagus will bend and will break easily at that point. Try to keep as close to the cut end as possible. The piece that you break off will be woody. Keep the ends of all the asparagus as they make a really good base for asparagus soup.
2. Lay the asparagus spears on a baking tray.
3. Sprinkle with olive oil and spread garlic over the top. Omit the garlic if preferred.
4. Season with freshly ground salt and pepper.
5. Place on a baking tray and bake in oven 400°F/190°C for about fifteen minutes or until well softened and browned. When the asparagus is pierced with a sharp knife, it must just feel tender. Do not over cook or they will be mushy. They need to be a firm.
6. If desired, sprinkle over a little lemon juice.
7. These roast asparagus are delicious served warm or cold as a starter or even as a side dish.