

Asparagus Wraps



Fresh **Asparagus**, Scottish **Salmon** and lettuce wrap, smothered in a light yogurt, mustard and dill dressing. Great for spring **picnics**.



Ingredients - Serves 6

30 asparagus spears
Inverawe Scottish smoked salmon
Shredded lettuce
750g Greek yogurt

2 tsp wholegrain mustard
Handful of fresh dill
3 wholegrain bread wraps, sliced in half
1 lemon
Ground pepper to taste

Cooking Instructions

HOW TO COOK ASPARAGUS

1. Wash the asparagus spears thoroughly and trim the bases.
Methods for cooking asparagus: using an Asparagus Steamer, Saucepan or BBQ:
a) Using an asparagus steamer- approximately one third fill the steamer with water and bring to the boil. Gently lower basket into the water and steam the asparagus for 6-8 minutes.
b) Using a wide base saucepan - bring water to the boil, lay asparagus into the pan, ensure the pan is slightly off-centre so the tips are not over direct heat. Simmer for 5- 7 minutes, until tender.
c) BBQ - toss asparagus spears in a little olive oil, throw onto the BBQ, and cook for 5 - 7 minutes until lightly chargrilled and crunchy.

SAUCE 2. Combine finely chopped dill with 8 tbsp Greek yogurt and 2 heaped tsp of wholegrain mustard, stir well.

SERVE 3. Spread the sauce over wraps. Add lettuce, thin slices of salmon, asparagus spears, lemon juice and freshly ground pepper. Roll tightly. This combination is delicious served whilst the asparagus is still warm.



ASPARAGUS SEASON

At Garsons **Pick Your Own Farm** we grow Geynlim and Franklym varieties of asparagus, available from **early May to mid June**. Asparagus is also stocked in our farm shop, along with the superb Inverawe Scottish smoked salmon.

All items are subject to availability

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