

SIMPLY COOKED LOCAL ASPARAGUS



A simple, seasonal side that lets the produce do the talking. Grown just down the road near Bridgnorth, this asparagus is as fresh as it gets – lightly seasoned, air-fried to perfection, and ready in minutes. Crisp on the outside, tender in the middle, and full of natural flavour.

Ingredients - Serves 3-4

2 bunch fresh asparagus
1 tbsp olive oil
1 tbsp fresh lemon juice
1 clove garlic, minced
½ tsp sea salt
Freshly ground black pepper (to serve)
Optional: grated Parmesan, to finish

Method

Prep the asparagus - Trim a little from the base of each spear to remove the woody ends. Give them a quick rinse and pat dry.

Season - Place the asparagus in a large bowl or bag. Add the olive oil, lemon juice, minced garlic and sea salt. Toss well to ensure every spear is evenly coated.

Air fry - Lay the asparagus in a single layer in your air fryer basket.

Cook at **200°C for 5-7 minutes**, depending on thickness, thinner spears will cook quicker, thicker ones may need a minute or two more.

Turn halfway - Give them a turn halfway through cooking to ensure an even, lightly roasted finish.

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Serve - Remove once tender with a slight crisp. Finish with black pepper, a squeeze of lemon, and a sprinkle of Parmesan if you like.

Serve alongside a perfectly cooked sirloin steak, grilled chicken, or simply enjoy as it is with a wedge of lemon.

The Best of the Season

When produce is this fresh, it doesn't need much. Grown just a few miles away near Bridgnorth, this asparagus is packed with flavour, the air fryer simply enhances it, giving you that perfect balance of crisp and tender in every bite.