



Creamy asparagus - Serves 2

Ingredients:

- 15g flora
- 1 small onion, finely chopped
- 1 x 125g pack asparagus, chopped
- 25g plain flour
- 150ml milk
- 450ml vegetable stock
- Freshly ground black pepper

Method:

1. Heat the flora in a medium pan, add the onion and asparagus and fry for 2-3 minutes until everything begins to soften.
2. Add the flour and cook for a further minute.
3. Gradually, stir in the milk and stock, bring to the boil and simmer for 10 minutes until the asparagus is cooked through.
4. Place in a blender and blend until smooth.
5. Season with plenty of black pepper and serve with crusty bread or toast.

Did you know ?

Asparagus is a nutrient-dense food which is high in Folic Acid and is a good source of potassium, fibre, vitamin B6, vitamins A and C, and thiamin. Asparagus has no fat, contains no cholesterol and is low in Sodium.

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