

## Super Simple Asparagus & Parma Ham Spears = Sunshine on a plate 🌻

A fool proof healthy light bite or side dish

Serve: 4 to 6 spears per person (depending on the size)

### Ingredients:

Asparagus spears – select the amount, as above, for your needs.

The thicker spears will hold themselves better than the thinner ones.

(adjust the amount of ham and oven timing if using the thinner ones)

Parma ham slices – a packet usually has 6 slices, and each slice will do 2-3 spears depending on the size of spear

Lemon or lime juice – (you could use a grating of zest to enhance the flavour)

Sea salt flakes (I love Maldon sea salt flakes)

Set oven at 200c (400f, gas mark 6)

✓ *Tip for asparagus – when you have a full spear the place to cut off the woody end is where it naturally snaps when you try to bend its stem.*

*When washing your asparagus, please make sure it's dry for the ham to stay in place.*

1. Slice the Parma ham lengthways into 2/3 strips depending on your slice width, about an inch wide strip is good
2. Start at one end and twist it round to cover most of the stem.
3. Place them on a wire rack and put in the oven for 8-10 minutes – you want the ham to crisp up but the centre to still have a bite to it – so keep an eye on them and turn them part way through cooking.
4. When ready – stack on a plate and give them a generous squeeze of lemon or lime juice and a nice even sprinkle of sea salt.  
*(Try a grating or shavings of parmesan for the last few minutes of cooking and serve. Do not add too much salt as the parmesan is salty)*
5. Serve on their own or alongside any meal of your choice.  
*My choice would be a light fish dish of Salmon or Seabass.*