

Asparagus - with crab, chilli, peas & watercress

Serves; 4 people

Weight (in grams)

12 in number

4 tbsp

2 tbsp

8 tsp

2 in number

10 in number

4 tbsp

ingredients

spears of asparagus

birds eye peas

chilli oil

fresh white crab meat

bunches of watercress

mint leaves

olive oil

Salt

pepper

Method:

1. Place a pan of water on the stove, add a good amount of salt so its 'as salty as the sea' & bring to the boil

2. cut the woody white stalks from the asparagus & discard, when the water boils add the asparagus & cook until the 'ears' of the asparagus are just tender, remove from the pan & plunge into ice cold water to stop the vegetable from cooking any further

3. place a frying pan or griddle pan on the stove to heat up, meanwhile cut the stems from the watercress but ensure that you leave some (the stalk of watercress is where a lot of the flavour is).

4. Chop the mint leaves finely & place in bowl with the peas, crab & chilli oil & toss together.

5. Place the asparagus on the griddle or in the pan & cook until the outside is charred & slightly blistered. Remove from the pan season with a little salt & pepper & lay out 3 spears on each of 4 plates. Spoon the crab & chilli mixture over the asparagus, toss the prepped watercress in a bowl with 2 tbsp of the olive oil & place on top of the asparagus & serve immediately.

