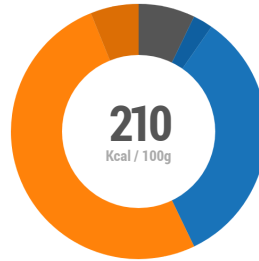


# Crispy asparagus with saffron aioli (website)

OVERVIEW ...



CALORIES:

35.7% Carbs

7.2% Protein

57.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



EGGS



MUSTARD

MAY CONTAIN:



CELERY



SESAME

OTHER PROPERTIES:



VEGETARIAN



GLUTEN FREE

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

135180 Terre & Mer Deep Frozen Green Asparagus..  
ASPARGAGUS

**BRAKES** **100g**

*unchanged*

16392 Brakes 18 British Free Range Fresh Medium Eggs..  
EGG

**BRAKES** **25g**

*unchanged*

151647 Chef William Gluten Free Breadcrumbs 1.5kg..  
GLUTEN FREE BREADCRUMBS

**BRAKES** **25g**

*unchanged*

129213 Brakes Garlic Aioli..  
GARLIC AIOLI

**BRAKES** **40g**

*N/A*

2366 Schwartz Saffron Strands 1.2g.. - BRAKES  
CHEF SAFFRON STRANDS

**BRAKES** **0.2g**

*N/A*

131417 Sysco Classic Black Onion Seeds.. - BRAKES  
BLACK ONION SEEDS

**BRAKES** **2g**

*N/A*

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion..  
PICKLED SWEET & SOUR RED ONION

**BRAKES** **5g**

*unchanged*

105597 Micro Coriander BB..

MICRO CORIANDER BB

BRAKES **2g**

N/A

114956 FREEE Gluten Free Plain White Flour Blend 1kg..

FLOUR

BRAKES **20g**

unchanged

PRODUCTS / PACK SIZES ...

### 1 Serving



🕒 219g / 464kcal

# 1.0

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Prepare a pane station (flour/eggwash/breadcrumbs)  
Defrost asparagus  
Soften the saffron in a little warm water

##### Method:

1. Mix in half the onion seeds with the breadcrumbs.
2. Roll the asparagus through the pane mix.
3. Deep fry at 180oC until the asparagus is crisp and golden - drain well
4. In a bowl stir together the aioli and saffron.
5. Spoon the aioli onto a suitable plate and arrange the asparagus over.
6. Garnish with the pickled onion, black onion seeds and micro coriander - serve!