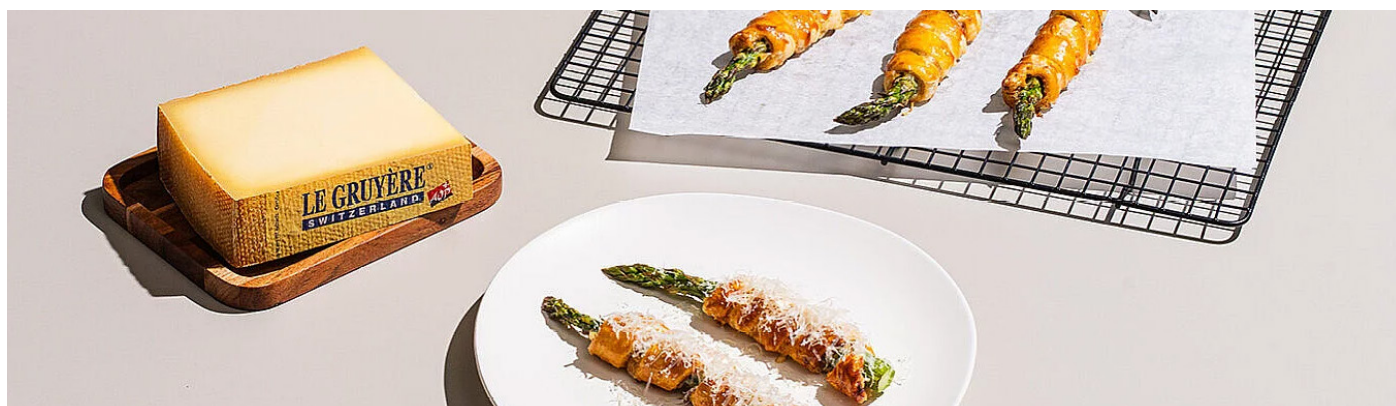


GREEN ASPARAGUS IN PUFF PASTRY WITH DRIED TOMATOES AND LE GRUYÈRE AOP



Time
35min



Servings
1

Calcium Recommended Daily Intake
14%

Calories

958

Calcium

300mg

Protein

26g

Vitamin D

41 IU

Ingredients

- 125g green asparagus
- 3g of dried tomatoes
- 1 tbsp olive oil
- 162g puff pastry dough
- 1 egg yolk
- 25g Gruyère AOP
- 25g Parma ham

Instructions

1. Combine the dried tomatoes and olive oil and blend into a purée.
2. Roll out the puff pastry and then cover it with the dried tomato purée. Now add the Parma ham until the puff pastry sheet is filled.
3. Grate Le Gruyère AOP and distribute over the filled puff pastry sheet. Then cut the sheet into 1 to 2cm strips.
4. Wash the asparagus spears and remove the woody ends. Then peel half the length of the spear. Wrap the asparagus in the prepared puff pastry strips and place on a baking tray. Repeat the process until all the asparagus and puff pastry have been used up.
5. Whisk the eggs and coat the asparagus spears with it.
6. Bake in a pre-heated oven at 220° (fan) for around 15 minutes until golden brown and crispy. Finely grate Le Gruyère AOP over the slightly cooled but still warm puff pastry sheets.

Tip: It is easiest to work puff pastry when it is very cold. White asparagus can also be used. Parma ham can be omitted for a vegetarian version.



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<https://www.osteoporosis.foundation/patients/recipes>

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