

# Shaved Asparagus Salad with Chicory, Parmesan, Egg, Crispy Prosciutto & Lemony Vinaigrette



Recipe by Annette Sprague, Head Chef & Proprietor of Redwood restaurant  
*Serves 4 as a Starter*

## Ingredients

### Salad

2 bunches Asparagus  
3 heads Chicory  
4 slices Prosciutto or Parma Ham  
Handful Fresh Flat Leaf Parsley  
1 egg, hard boiled  
25g Parmesan shavings  
Salt & Pepper

### Dressing

Juice & zest of 2 Lemons  
200ml olive oil  
1 teaspoons white wine vinegar  
1 small clove garlic  
1 shallot, peeled and halved  
½ teaspoon Dijon mustard  
3 teaspoons honey or sugar  
Salt & Pepper

## Method

1. Dressing: Put all ingredients in blender and blend until smoothly combined. Season with salt and pepper.
2. Place prosciutto on baking tray and bake at 170F/Mark 4 about 10 minutes or until crispy; drain on paper towels.
3. Using the mandolin guard, thinly shave the asparagus lengthwise. Alternatively, thinly slice with a knife.
4. Wash and trim chicory; slice lengthwise.
5. Pick parsley leaves and finely chop.
6. Peel and grate hard-boiled egg on medium micro-plane grater.
7. To Serve: Place asparagus, chicory, egg, salt & pepper in a large bowl; drizzle with dressing—just enough to lightly coat. Toss and mound on four plates. Sprinkle with parmesan shavings, parsley and crispy prosciutto. Drizzle with remaining dressing.

\*Equipment: Blender, Mandolin