

## Asparagus in Crisp Filo Pastry



### Ingredients (10 portions)

Amount	Measure	Name
1.25	kg	Asparagus prepared
150	ml	HELLMANN'S Creamy Caesar Dressing
0.25	kg	Filo pastry
10	g	Parsley chopped

### Preparation

Advanced Preparation.

Prepare the asparagus by removing bottom 1/4 and peeling the next 1/4. Preheat deep fat fryer to 180°C. Place a large pan of boiling water on to boil with a slice or squeeze of lemon to acidulate.

Method.

1. Place the prepared asparagus into the boiling water and cook to al dente. Remove and place into iced water remove from water and dry.
2. Decant the dressing in to a squeeze bottle ready for service. refrigerate until required for use.
3. Lay out the filo pastry and wrap around the spears of asparagus leaving the tip exposed.
4. Holding the asparagus by the tip with a pair of tongs place the filo into the hot oil and hold there until the filo is golden. Do not submerge the tip.
5. Serve by placing 5 spears centre of plate and drizzle dressing over the top garnish with a deep fried sprig of parsley.

Service Hint.

This can be served on a buffet by laying the spears on a suitable plate and drizzle over the dressing garnish with some chopped chives.

**Handy Hint.**

Frozen out of season asparagus could be used as an alternative.

**Nutrition**

Added salt is not recommended but if used keep to a minimum . If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish.