



SPRING SALAD

Take classic ham and egg a little further with the addition of some gloriously green and crunchy British asparagus, griddled gem lettuce and a salty caper dressing.

Frying ham may sound a little odd but it works and it's all topped off with a fabulous, soft-boiled Clarence Court egg.

Prep Time 5 minutes | Cook Time 15 minutes | Serves 1

150g British asparagus spears
1 large Clarence Court hen egg
1 thick slice of good quality ham
½ little gem lettuce
1 teaspoon baby capers

1 tablespoon cold pressed extra virgin rapeseed oil
1 teaspoon cider vinegar
Sea salt and freshly ground black pepper
Handful of rocket

Place a large frying pan or griddle pan on a high heat. Put a small pan of water on to boil too. Click the woody stems from the asparagus and griddle the spears for about 5-7 minutes until just soft. Boil the egg to your liking, cool, and peel.

When the asparagus is nearly cooked, add the thick slice of ham and fry until golden and crisp. Pop the lettuce into the pan cut side down and cook for around 2-3 minutes.

To make the dressing, mix the capers, vinegar, and oil in a large bowl, then season. Add in the rocket, cooked asparagus, and little gem, then toss well. Transfer to a plate and top with the egg and ham, spooning over any remaining dressing.



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