



SIMPLE HERBY ASPARAGUS OMELETTE

This simple vegetarian asparagus omelette shows seasonal ingredients at their best. Raw and cooked asparagus add freshness and a nutty crunch. Mixed with salty feta and a fresh herb and radish salad - a little smoked salmon would work wonderfully here too.

Prep time 10 minutes | Cook time 10 minutes | Serves 1

150g British asparagus spears
A small handful of radishes
Juice of half a lemon plus a wedge for serving
½ teaspoon honey
Extra virgin olive oil
½ small bunch fresh dill, leaves picked

A few sprigs of parsley, leaves picked
Sea salt and freshly ground black pepper
2 Clarence Court hens eggs
A knob of butter
40g feta cheese

Click the woody ends from the asparagus and place a frying pan on a medium/high heat. Add all but one spear of asparagus and fry for about 5 minutes or until starting to soften, turn occasionally.

Use a speed peeler to peel strips of radish and the raw asparagus. Add to a bowl, with the lemon juice, honey and a drizzle of olive oil. Toss together and add a few of the herb leaves and a pinch of salt and pepper.

When the asparagus spears are cooked, remove from the pan and place to one side on a plate. Return the pan to a low/medium heat. Beat the eggs well with the remaining herbs and a good pinch of salt and pepper. Add the butter to the pan and swirl it around, once melted tip in the eggs and use a spatula to draw lines through the mixture and make sure any raw mixture gets contact with the pan.

Cook to your liking, arrange the asparagus on one side of the omelette, scatter over the feta and fold the omelette over. Gently transfer the omelette to a serving plate, top with the salad and serve with a lemon wedge.



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