

Herbus Asparagus â€“ white gold

Description

Its treasure season! Meaning the white gold is coming to the surface and can be found in stores and markets again. Its one of my favorites because it is so easy to make (especially if you kindly ask the store to peel them for you). And fast, your lunch can be done in 10 minutes. It is said to be beneficiary for a healthy hart, lots of vitamines and very low in calories. That together with the flavor, a winner I would say.

The word asparagus is a Latin word derived from the greek word asparagos. Since my daughter is currently struggling through Latin on high school I feel the need to mention this. In the name of love I like this one.., Si vis amari ama <3

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Ingredients for 2 people

- 8 white asparagus
- 50 gr salted butter
- Parsley
- 2 Eggs
- Ham or salmon (optional for full dinner)
- Small potatoes (optional for full dinner)

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